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# EURO WEEKLY NEWS

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Costa de Almeria • Issue No. 2042 • 22 - 28 Aug 2024

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# True devotion

ALMERIA proved its devotion on Sunday August 18 with a beautiful day in celebration of the Virgin of the Sea.

The Assumption of Mary is a Spanish national holiday observed annually in honour of the Virgin Mary, commemorating the patron saint's ascension into Heaven.

Across the nation, it is celebrated with fairs, parades, games, competitions, whimsical costumes and religious traditions.

On August 17, 2024 the Virgin Mary left her sanctuary for the Almeria Cathedral to spend the coming days at the fair, on the occasion of the Holy Year and the 500th anniversary of the temple of the Diocese.

At 11am, the bells rang and the doors of the Royal Convent of Santo Domingo opened with a brief procession which included a special component this year; the descendants of the two families who saved the statue of the Virgin of the Sea from destruction in the Civil War.

Both families received a heartfelt tribute on the corner of the old Virgen del Mar Hospital, while the patron saint's hymn played and the statue received a petal.

In the afternoon, the usual religious services were held as the Virgin of the Sea was placed on the main altar, with Saint Indalecio by her side, accompanied by a floral decoration by Lales Martinez.



Credit: Hermandad Virgen del Mar, Patrona de Almeria /fb

Almeria celebrated the transfer of the Blessed Virgin of the Crown Sea to the cathedral.

This marked the beginning of the seven-day festivities in honour of the Virgin of the Sea, with a mass held by Gines Beltran, bishop of the Diocese of Getafe.

Then came the highlight of the day, the sermon to the Virgin Mary, by Eduardo Blanes. It was a devotional sermon going through the roots of Almeria and the presence of the patron saint, dedicated to her;

"The more we look at you, the image fades and we

find the essence: we find the Virgin Mary. We love you, Mary" said the herald.

Following the Assumption of Mary are seven days of celebration, through fun events, community-driven

activities, sport, entertainment, music, gastronomy, arts and crafts, markets and fairgrounds, all in honour of Almeria, its people and its patron saint, The Holy Virgin of the Sea, Mary.

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# Japan recognises Almeria

**Harry Sinclair**

SPAIN is known for its Mediterranean gastronomy, and one province that stands out for this is Almeria. Almeria boasts a flavour-some cuisine steeped in tradition, showing the best of Spain and the nourishment it has to offer.

Already recognised nationally, the province of Almeria and its food are now being seen in the northern hemisphere.

Following the alliance established with the Spanish-Japanese Chamber of Commerce, Almeria products and companies are being highlighted in the 110th issue of Noticias de España published by The Chamber, the oldest Japanese-language magazine published in Spain.

Included in the list of Almeria references are Sabores Almeria, Costa de Almeria and the Museum of Contemporary Spanish Realism (MUREC).

In addition to the company and product shoutouts, featured in the 32 pages are articles from the provincial council, Javier A Garcia, a report dedicated to the municipality of Nijar, a special on provincial wines curated by Jose Antonio Moreno from Restaurante Juan Moreno and a photo gallery of the city's great museum, the MUREC.

Carlos Sanchez, the provincial deputy for Agri-Food Promotion, highlighted the importance of this collaboration "to make the great international leap of the Sabores Almeria brand and we are achieving it," with the brand's "first foray into Asia with the arrival of our businessman in South Korea, where new commercial doors have opened."



Carlos Sánchez with the 110th issue of the Japanese magazine, dedicated to Almeria.

# Demanding connectivity

THE residents of Almeria push for the return of connectivity between the city and other important destinations.

The Board in Defence of the Railroad of the Almeria Province, a citizen platform, once again takes centre stage at the Almeria Fair, demanding improvements in the connections of this province with Madrid and Sevilla.

The Board has invited residents to get on the tourist train that runs through the city and participate in the campaign called 'The time is now'.

This initiative is a continuation of the previous year which held the slogan 'Almeria wants to get on the train'.

The focus of the initiative, in collaboration with ALSA, is centred around recovering the circulations with Madrid and Sevilla, as well as other valid demands.

The coordinator of the board, Jose Carlos Tejada, explained this new initiative, stating "As part of the 'The time is now' campaign, we are going to take a tour of the different neighbourhoods" with the primary objective of "raising awareness among citizens that they have to return to the train" as he states "Renfe has been pushing (Almeria) aside by eliminating destinations."

Carlos concluded, "Boarding the tourist train to participate in this new initiative is free and we hope that citizens will participate en masse to give another warning to Renfe."



Almeria demands Renfe recognises its need for railroad connectivity.

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# Was overtourism avoidable?



Overtourism in Europe leads to very crowded beaches.

THE term 'overtourism' has gained popularity, with protests and demonstrations against excessive tourism reported across Europe. Once a welcome economic boost, tourism has now entered a new era in which it has suffocated Europe's most popular destinations.

Researchers warned about the need to address overtourism before it became uncontrollable back in December 2018. According to the Roland

Berger study, overtourism was far from inevitable and could have been avoided with the right interventions, such as aligning the city's tourism strategy with its development strategy.

The study further highlighted that in recent years, cities have been working hard to attract tourists in increasing numbers and that urban tourism still needs to be expertly controlled to remain successful and sustainable over time.

Failing to do so results in residents becoming irritated by social factors such as noise pollution, traffic congestion, and overcrowded restaurants.

This finding is further supported by a model developed by George Doxey back in 1975, coined the 'Irritation Index (Irridex)'. This suggests that a place initially welcomes tourists with enthusiasm, but as the numbers increase, residents become more apathetic

and irritated.

Richard Butler, an emeritus professor in hospitality and tourism management, believes that places experiencing overtourism did not take preventative measures in the past. He noted that the impact of tourism is perceived differently by locals, depending on their exposure to tourists. Some locals benefit from the influx of tourists by raising prices, leading to frustration among other residents.

## Pool rentals

PRIVATE pool rental has become a way for Spaniards to earn extra money during summer. Despite the ongoing controversy surrounding overtourism in Spain, some residents are capitalising by renting out their swimming pools privately.

Swimmy, an app specifically created for this purpose, was designed by Frenchwoman Raphaëlle de Monteynard in 2017 and works in a similar way to Airbnb. With those using the app to rent out their pools earning between €1,000 - €10,000 during a single summer, it is easy to see the allure. In fact, between 2023 and 2024, the number of private pools registered rose by around 20 per cent, and the number of app users increased by a whopping 37 per cent, from 270,000 to 370,000.

However, not all of those who have rented out their pools have had a 100 per cent positive experience, with one pool owner describing a bad situation involving a large party of 25-30-year-olds, which not only left her feeling nervous, but was also a point of contention between the owner and her close neighbours.

Nonetheless, with the Swimmy platform assuring that the app will go from strength to strength, it would appear that the trend for privately hiring pools will continue. This is in spite of the many Spanish residents who want tourism in the country to be more limited.



Spaniards are making an income from renting their pools.



45 per cent of residents want restrictions on mass tourism.

## Tourism restricted

A RECENT survey by Evaneos found nearly half of Spain's residents want mass tourism restricted.

The survey demonstrated that nearly half of Spain's residents are keen for the government to limit the number of tourists visiting the country, with a noteworthy 45 per cent in favour of this action.

As Evaneos head of Southern Europe, Viola Migliori, pointed out, "The Spanish are simply seeking a more sustainable approach to tourism, allowing inhabitants to live their daily lives without feeling the negative impact of an influx of holidaymakers."

They aim to ensure the environment's survival while protecting the customs of villages and neighbourhoods across Spain. They also desire for Spanish travellers to enjoy their homeland's delights without competing against mass international tourism.

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# Chartbusting caterers

**Harry Sinclair**

A COMPANY in Alpujarra feeds thousands of people a day with delicious dishes cooked on-site.

Paellas, gazpachos, stews and squid are just some of the many dishes Paellas Sierra Nevada cooks for thousands of people every day in XXL pans, breaking records and filling hungry stomachs.

The company, based in Ohanes, a municipality in Alpujarra, was founded in 2012 by Juan Sierra.

Motivated by Juan's passion for cooking, the

company has grown rapidly to become the largest and most important catering company in the province, and arguably in Andalusia; on the

last Andalusia Day, they served a whopping 13,500 portions between the provinces of Almeria, Granada, Malaga and Jaen.

"Nobody cooks like that, or is capable of cooking for such volumes of people in pans, not in ovens," Juan proudly proclaims.

Paellas Sierra Nevada has broken multiple re-



Credit: Paellas Sierra Nevada

## Bayra: Unknown Pompeii

VERA has been highlighted as the fascinating and unknown Pompeii of the Almeriense by National Geographic.

The renowned magazine 'Viajes' of National Geographic has described Vera, as a "blue and family-friendly enclave, where the ordinary becomes extraordinary."

More specifically, it has highlighted Vera's history, the ancient city of Bayra.

From the ninth century until the 16th century, the city of Bayra, now known as Vera, was part of Al-Andalus, the region of the Iberian Peninsula under Muslim control.

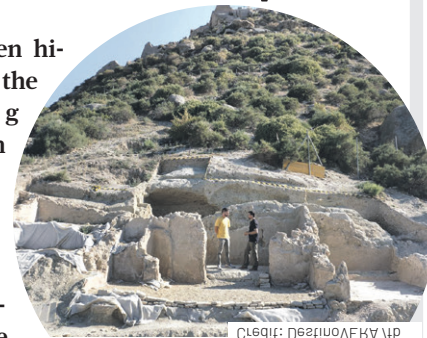
According to Viajes, "Bayra was a vital enclave due to its strategic, economic, cultural and political importance," due to its location bordering between the territories of Castile (Murcia) and Granada.

Bayra as such served as a control and defence point on the eastern border, allowing monitoring and control of movements between the two territories.

Additionally, Bayra was noted for being a prosperous trading centre, attracting merchants from various regions, as stated by Viajes, "The city was known for its production and trade of pottery and other handicraft products."

On November 9, 1518, the city was destroyed by an earthquake, forcing the evacuation of its inhabitants.

In 2022, the Andalusian Government gave the green light to the Bayra General Research Project; an ambitious project lasting six years aiming to enhance and conserve the historical heritage of this ancient city.



Vera has been recognised for its beauty and historic importance.



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Paella Sierra Nevada cooks in XXL pans, breaking records and feeding thousands.

cords, including cooking the most litres of gazpacho, and the largest frita (a flour tortilla fried in oil) with 6,000 portions.

The company have catered for several parties in the region and corporate events, serving more than 2,000 people at the last annual Vicasol gala, the largest catering event in Almeria, and continuously providing 200 paellas for the irrigators of Nijar.

In total, Paellas Sierra Nevada feeds more than 250,000 hungry people a year.

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**Harry Sinclair**

UD-ALMERIA brought back a hair-raising game in the last 30 minutes of the Second Division game.

UD-Almeria played against Racing on Sunday, August 18, in a 90-minute, Second Division game in the Power Horse Stadium in Almeria City.

## UD-Almeria fights back

Half an hour into the game and the scoreboard showed a draw, yet just half an hour later, one hour into the game, Racing was 2-0 up, putting intense pressure on the provincial team on home turf.



UD-Almeria played against Real Racing Club on Sunday.

Although the red-and-whites gave away two goals, they still displayed their incredible skill from the get-go, losing no momentum even as the score went in the opponent's favour.

In minute 65, Ramazan took advantage of a rebound from Ezkieta and scored the first goal for UD-Almeria, followed by a penalty goal from Luis Suarez at minute 71.

From a 2-0 deficit, and a seemingly definitive game, UD-Almeria

brought it back for the city, equalising the game at 2-2 and proving once again the madness of the second division.

Even with the intense and close score, UD-Almeria proved itself as a team throughout the entire 90 minutes, with nearly double the ball possession of Racing (62 per cent to 38 per cent) and exactly double the shots made (18 to nine) with eight on target, keeping the pressure on their opponents.

## Women's tribute

TEN years on and Almeria continues to recognise and rejoice the women of its province at the Almeria Fair.

Organised by the Almeria City Council, the city came together on Sunday, August 19, for the traditional tribute to women.

Maria del Mar Vazquez attended the tribute, accompanied by Paola Laynez, the councillor for Family, Inclusion and Equality, and the entire municipal government team.

The event featured the usual Flamenco Dress Competition, Lunares y Volantes (polka dots and ruffles), including various raffles for attendees to take part in.

A photo booth was also set up so guests could immortalise the 10th edition with a fun souvenir.

Maria Vazquez expressed her gratitude and honour of the event, stating "I feel proud to be able to share with you the 10th anniversary of the Tribute to Women during the Almeria fair."

The mayor went on to say "I also want to congratulate (the women) for the great work carried out in the three municipal women's centres, where more than 250 training courses, workshops and activities are offered every quarter and nearly 3,000 places."



The women of Almeria held the spotlight at the Almeria Fair on Sunday.

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# Run Dani Run

WE all have our reasons for moving to Spain, but does the story ever unfold how we expect it to?

Darryl Cousins, originally from the UK, lived in Brighton working for the local council up until 2014, when an opportunity arose for him; a chance to change his scenery.

In October 2015, Darryl travelled to Spain, initially only planning on staying a year but instead became a permanent resident in 2019, now living in San Jose, Almeria.

Mr Cousins knew there was more to life than what he had in Brighton, which he admitted “was a good life”, but on a four-day trip to Almeria, he “loved everything about it” and leaving felt like “leaving home.”

For the British expat, Spain changed his life unexpectedly, exposing him “to a way of life (he) never knew existed.”

As a lifelong writer, Darryl wanted to document his ex-

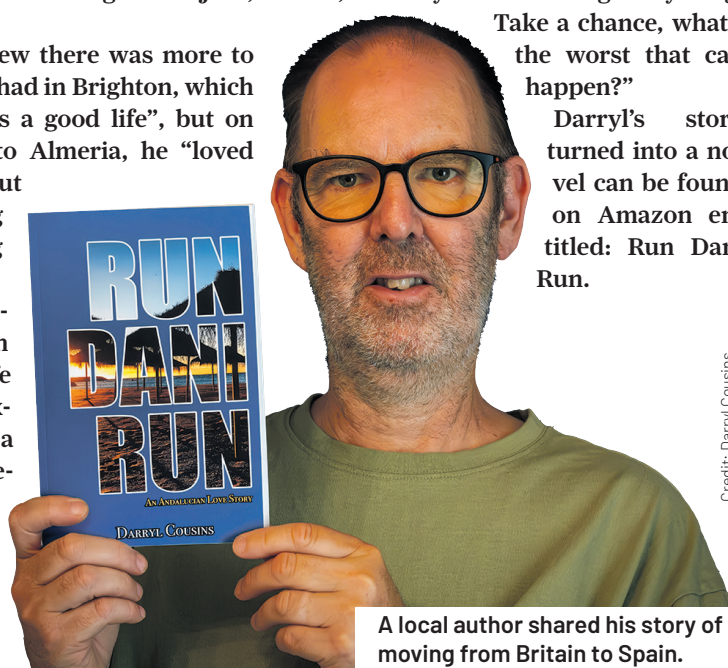
periences and “just started writing,” telling *Euro Weekly News* it was “therapeutic” and “felt like a good story.”

After two years, Darryl decided to turn his memoir into a story, and self-published his first novel 'Run Dani Run'.

The book is a mixture of an adventure into the unknown, a love story with a woman, a love story with Andalusia, and an overarching message the author described as “no matter how far you are in life, you can change anything.”

Take a chance, what's the worst that can happen?"

Darryl's story turned into a novel can be found on Amazon entitled: Run Dani Run.



Credit: Darryl Cousins

A local author shared his story of moving from Britain to Spain.





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A COMPANY from Huerca-Overa has seen a massive spike in sales of one particular product this summer.

With consecutive heatwaves hitting the Peninsular through July and continuing in August, a company based in Huerca de Almeria has seen a rise in ice cube sales in these months.

"This year, we are selling three times more than last year," stated Pepe Tijeras, manager of the Hielosur, the largest producer of ice in Andalucía.

From Huerca de Almeria they sell throughout Andalucía and also in other parts of Spain, such as the Region of Murcia or the Valencian Community.

Tijeras added, "Normally, five to seven lorries leave in addition to the cars we have for delivery."

The company, Hielosur, produces almost two million ice cubes a day, 40,000 bags, yet during this hot summer

# Cool as ice



Credit: Shutterstock

Ice cube sales are on the rise during Spain's heatwave summer.

the company had more than 800,000 for sale, stored at temperatures below 12 degrees.

Due to the severe weather, with intense heat lasting for longer, there is a greater need and desire for ice cubes across the Peninsular, especially where these producers are based with the sou-

theastern area seeing the brunt of the heat.

Production has had to increase, with an increasing number of trailers leaving Hielosur, to meet the rising demand for ice, especially with the summer fairs and festivals held in almost all municipalities and regions.

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# Antique motorcycles

THE history and origin of motorcycles came to the Almeria Fair this year in a celebration of motors and motorheads.

This year, during the Almeria Fair in the city, the Exhibition of Antique Motorcycles hit the Paseo de Almeria on the morning of Sunday, August 18.

More than 100 two-wheelers, and some sidecars, were parked on the paseo from 10am to 12pm before the riders then toured the city on their vintage vehicles.

Children and adults alike were delighted by the sights of the motorcycles, featuring legendary brands such as Derbi, Bultaco and Guzzi, with the oldest of the vehicles dating back to 1965.



The Exhibition of Antique Motorcycles came to the fair.

Each and every motorcycle had been perfectly restored showing off pristine conditions, with the original parts and/or replicas to maintain the vehicle's original essence and the antique feel.

The exhibition, organised by the Club Amigos de la Moto Antigua de Almeria, was presented by the president of the club,

Armando Gonzalez, who stated: "Most of the motorcycles have been inherited from parents or grandparents, so there is a strong emotional bond."

This year, the president called on the youth in an appeal, explaining "We need young people, fans of old motorcycles to join so that this exhibition is not lost."

# 100 years of Gallardos



Los Gallardos became an independent municipality in 1924.

LOS GALLARDOS celebrated its history and its centurion birthday with speeches and performances from the Gallardero Theatre Group.

On Saturday, August 10, the Plaza de Miguel Canovas was filled with residents, neighbouring locals, mayors and theatre fans.

The Gallardero Theatre group of more than 40 people took to the stage to perform the centurion celebration.

The play reflected a historical journey of the most emblematic theatrical performances of the town, following a script written by Antonia Dami Ramirez, the "seed of everything that was brought to the stage," as stated by the organisers.

The enthusiastic audience was full of almost 400 spectators, including the daughter of Marina Molina Martin, a teacher in Los Gallardos from 1933 to 1968.

The play performed on Saturday embraced the town's history, recognising different eras and uniting generations of women, as well as all the various Gallardos theatre groups, turning the plaza into a celebration of history, culture and the people that make them.

The mayor of Los Gallardos, Maria Gonzalez Martinez, attended alongside former mayors of the town and the subdelegate of the provincial government, Jose Maria Martin Fernandez.

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# Almeria roads

ALMERIA has guaranteed the maintenance of more than 650 kilometres of road in the province.

The Andalucian Government has contracted €15,166,819 towards the maintenance services of 650 kilometres of roads owned by the Autonomous Community in the province of Almeria.

The €15 million guarantees the maintenance of these roads for the next three years of 30 roads in Almeria, in addition to connective routes.

Rocio Diaz, the minister of Development and Land Management, emphasised the importance of this project, stating "We reinforce the commitment to road safety on our roads by the Andalucian Government,"



Almeria contracts more than €15 million to the construction and improvement of road safety.

adding that "Investing in the improvement of our roads not only improves the mobility of Andalucians but, above all, saves lives."

A total of €5.3 million has been allocated for the maintenance tasks of 204 kilometres of the North zone, which serves two motorways - the Almanzora motorway or the 37 kilometres of A-92N in the province - as well as

the communications of municipalities such as Huerca Overa and Albox. Some €4.3 million has been allocated to 217 kilometres that connect territories such as Antas, Garrucha, Vera or Cuevas del Almanzora.

Finally, €5.5 million will guarantee the road network of 227 kilometres of the Central zone, next to the A-92.

# 'Coolters' at the fair

*Harry Sinclair*

COOLTURAL Fest hit the Almeria Fair this year with four days of explosive live performances on new premises.

Organised by Crash Music in collaboration with the Department of Culture, Traditions and Major Festivals of the Almería City Council Cooltural Fest 2024 took advantage of its new venue, putting up three stages to keep the music going all day and all night.

The music festival was spread across the city, with a Beach Stage for 'coolters' to enjoy music by the sea, performers on the streets through the Gastromusical Route, and the main event, the expanded Ferial Concert Hall.

Starting on August 15, the festival brought the people of Almeria a 'dreamy first day' in the expanded Ferial Concert Hall, according to the organisers, continuing the excitement with 'non-stop party and music' over the coming days.

Headlining on Sunday, August 18, was the famous band from Northern Ireland, Two Door Cinema Club, giving the audience a ground-shaking performance of their hits, as the festival proclaimed after, "Cooltural fest is

your home."

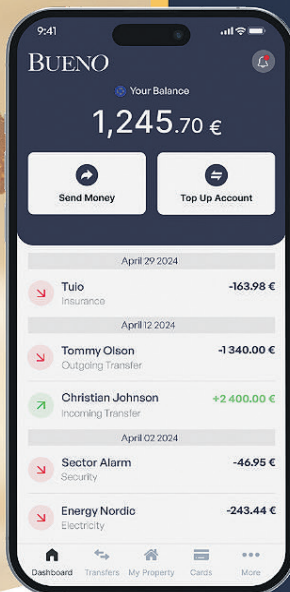
Hundreds of other artists, bands and groups took to the various stages to give it their all for the thousands of attendees daily.



Cooltural Fest brought its A-game for its seventh edition, coinciding with the Almeria Fair

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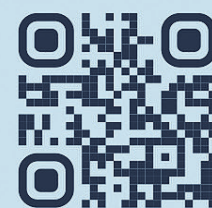


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THE British influencer Chloe Lopez has become the talk of social media, as she accepted yet another 'challenge' of leaving her underwear in public places. This time, the victim was Mercadona's bread section. The woman was seen on video, slowly pulling off her panties and placing

# Strange stunt

them inside the bread tray in Mercadona, in front of astounded customers.

Lopez shared the strange stunt with her 175,000 followers on

Instagram; the video quickly became viral, showing Lopez committing the odd crime and walking away like nothing had happened.

"I would ban her for

life from entering any supermarket, department store, or shopping centre," commented a social media user. "If Mercadona does not report this and make it

public that it looks out for the health of its customers, I will never buy bread at Mercadona again," said another.

Stunned by Lopez's action, people highlighted her behaviour as "disgusting," and an "attack on health."

Far from showing remorse for her content, the influencer continued to post similar videos and share reactions to her Mercadona act on her Instagram stories.

With increased attention, Lopez aimed to introduce her viewers to her OnlyFans page; a subscription-based platform where, most commonly, intimate photos and videos are

shared to make a profit. She continues to gain swelling attention; the most wrong kind.



Credit: Chloe Lopez, Instagram

Chloe Lopez on Instagram.

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## AI lifeguards

THE Baden-Württemberg Public Swimming Pool Association in Germany has confirmed the integration of AI in swimming pools is expected to become increasingly common.

This follows a year-long pilot project at the Panorama-Bad in Freudenstadt.

Despite the ongoing shortage of lifeguards, this advancement does not imply that humans will be replaced by machines.

The pilot project involved training an AI system to monitor water movements and alert lifeguards to potential issues.

For instance, the AI camera can signal if it detects a person who is motionless in the water or if the pool becomes overcrowded.

While the system experienced several false alarms during its training phase - a normal part of machine learning - there have been no incidents requiring AI intervention to save lives thus far.

AI monitoring is currently being utilised in swimming pools in Freudenstadt and Karlsruhe, with other operators, such as those in Pforzheim, planning to adopt similar technologies.

The increased use of AI in swimming pools will necessitate that lifeguards become proficient in operating these systems.

Necdet Mantar of the Baden-Württemberg Public Swimming Pool Association explained that AI-related topics will be incorporated into the master craftsman examinations for lifeguards.

This approach aims to reduce apprehension and bias towards AI systems.

While systems designed to detect drowning have been in use for years, the new AI-supported technology offers the advantage of identifying potentially dangerous movements before an emergency occurs.

Importantly, the system does not store images, thereby maintaining privacy.



FEEL free in nature in El Fonoll, a 1,000-year-old village in the heart of Catalonia, which has become a hotspot for nudists.

El Fonoll is located in central Catalonia, in the Corb River valley region.

Starting in 1998, El Fonoll has been restored into a naturist resort, ‘amid a magnificent natural environment’, as stated

# Natural in nature

on their tourism site.

Not just a place to get naked, the naturist resort offers 200 hectares of forested estate providing a vast land to fill with tracks and hikes, and ‘enjoy healthy living without clothes’,

as described by the resort, adding that ‘when the weather permits’.

There is accommodation on offer for visitors and facilities open to the public, allowing anyone and everyone to come and

live ‘in harmony with nature’.

Accommodation in the resort ranges from apartments, camping, bunkhouses and cabins.

El Fonoll is a fully functioning village, equipped with supermarkets stocked with fresh

and packaged produce, including locally-produced wines and artisan foods.

Additionally, the resort has a community dining room that opens at regular meal times, offering all-you-can-eat vegetarian buffets, usually ending the night with ‘music and dancing in the adjoining ballroom’ as said on the resort’s website.

## All you can fly

WIZZ AIR has announced a new scheme for frequent flyers, but is it too good to be true?

The Hungarian ultra-low-cost airline has a new scheme - ‘All You Can Fly’ - unlimited flights for an annual subscription fee. It sounds like a good deal.

Yet the title has divided passenger opinions, with some praising the seemingly low cost of €499 (£426) providing great value on trips, with the airline reporting being “overwhelmed” by the positive response.

However, others have been more wary of the airline’s scheme, recalling their own experience of flight

delays and disruptions, and remaining suspicious of the scheme’s terms and services.

Officially starting in September, Wizz Air markets its new membership scheme as allowing frequent flyers to “save money, visit friends and family more regularly and spontaneously visit off-the-beaten-track destinations.”

According to the airline, it sold out in most markets within 24 hours, but some customers have been alerting to what they describe as a ‘catch’, pointing out that the scheme



Credit: Shutterstock

Wizz Air introduces new scheme ‘All You Can Fly’.

only allows for passengers to book flights up to three days before departure, and an extra fee of €10 must be paid per flight.

Additionally, flights do not include ‘trolley bags’ to stow in overhead compartments or checked baggage, and, whether you get the flight or not is dependent on whether there are any seats left.

Finally, the scheme is limited to just 10,000 people, with many of the spots already sold according to the airline.

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## St Augustine in Mojacar

THE Mojacar festivities in honour of the Virgen del Mar are fast approaching, with the schedule recently released.

From August 22 to Wednesday 28, Mojacar will "transform into the epicentre of celebration" as stated by the organisers.

Friday, August 23, at 10pm will see the start of the festivities, after the previous day's paddle tournament, with a Flamenco fusion concert from 'Suspiros Flamencos', followed by a performance from DJ SEE at midnight.

Saturday will open the midday fair that will be



Mojacar goes big for the San Agustín celebrations and fair.

on every day from 1pm until August 28.

On the same day, there is the opening speech at

11pm, the coronation of the Queen and Ladies at half past, and DJs to close the night.

Sunday, August 25 will have the ribbon retrieval at 6.30pm, and the traditional ribbon race at

7pm, with a Henry Mendez concert at 12.30am and SEE DJ at 2.30am.

From 9am to 9pm on Monday there will be a futsal tournament, and a domino tournament at 6pm, with music by the orchestra El Norte and Raul Vazco at 10.30pm.

Tuesday, 27, at 10am to 2pm there will be a video game and VR fair, with the traditional floral offering to St Augustine at 7pm and a pyromusical show at 2am.

Wednesday, August 28, will close the festivities with a mass at 12pm, a procession at 1pm and the children's ribbon race at 6.30pm.

### Mojacar's accessibility

MOJACAR continues its efforts to establish itself as a tourist destination for all.

The beaches of Mojacar have been adapted for people with reduced mobility, including wheelchair accessibility, making the town's beaches available for everyone to enjoy.

In addition to the ramps and smooth walkways, the town hall provides amphibious chairs, surveillance posts for safety and life-guards to support anyone in need.

On Saturday, August 17, Mojacar had the honour of hosting the association TUR4all, Turismo Accesible, where the town was able to share and demonstrate the accessibility features installed on the beaches of Mojacar.

"We are proud to share with them that our township is fully adapted for all our visitors to enjoy it to the fullest," said the Mojacar Town Hall.

This initiative from Mojacar is in collaboration with FAAM Accesible, which aims "to provide information, training and advice on accessibility and to promote the removal of barriers" as well as the development of an app that provides this information, under the same name.

## Padel tournament

THE town of Mojacar is hosting its 13th padel tennis tournament this month.

Organised by the Mojacar Town Hall, as it states, 'Get ready for the 13th Mojacar City Padel Tournament'.

The padel tennis tournament will be happening from August 22 to 25, through the town's St Augustine festivities.

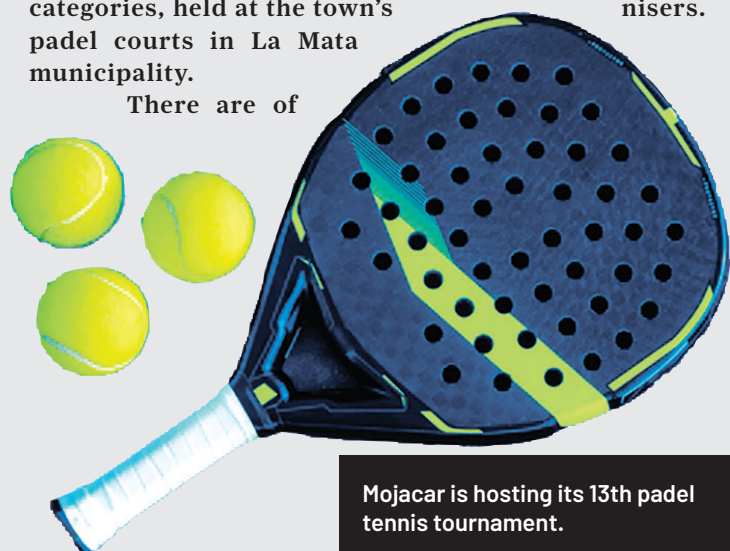
The tournament will feature both men's and women's categories, held at the town's padel courts in La Mata municipality.

There are of

course prizes to be won! First place will be awarded a trophy and €100, and second place will receive €50 and a trophy.

The awards will be given out on the last day, Sunday August 25.

Entrance to the competition costs €10 per person and can be entered by calling +34 660 528 852; "Sign up now for only €10/person. Don't get left out!" said the organisers.



Mojacar is hosting its 13th padel tennis tournament.

## Archaeology activities

ARCHAEOLOGICAL intervention and excavations are coming to Mojacar this September.

Through the entire month of September, Mojacar La Vieja opens its doors once more to a new archaeological project, as well as a new set of activities directed towards cultural and historical education.

Mojacar La Vieja and its events are part of an archaeological campaign in the area of Mojacar, supplying food, accommodation and insurance to any volunteers who wish to join.

Organised by the Mojacar Town Hall and the University of Granada, in collaboration with The Spanish National Research Council (CSIC) and the Institute of Heritage Sciences (Incipit), this project will be carried out "with the aim of all of you taking part in this project and being able to learn and enjoy," according to the organisers.

There will be archaeological ceramic workshops, interactive games educating on Mojacar, tours of Mojacar La Vieja (archaeological site), and more.

To participate, all you need to do is sign up by sending your full name and ID to [memolab@go.ugr.es](mailto:memolab@go.ugr.es).



Mojacar La Vieja opens its archaeological campaign once more this September.



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HUNDREDS of Hengelo residents lost three weeks of mail after a postal worker at PostNL dumped the mail in a waste paper container. PostNL disclosed that the blame was on the temporary worker covering for the regular employee.

"The temporary deliverer withheld and threw away the mail, resulting in the loss for these neighbourhoods," stated PostNL, adding that the offender was immediately dismissed.

PostNL realised that something had occurred when multiple residents reported to the local Press that they hadn't received mail in weeks. Residents

## Missing mail

said they had been waiting for important mail, including credit cards, medical results, and court documents, among others.

Twente Milieu, managing the local container confirmed that the mail was gone without return; "We could no longer do anything for them. The contents were immediately taken to the waste processor."

Hengelo's residents were baffled at the incident, as an affected resident Linda Koel said to the local Press; "I hope

PostNL takes measures to prevent situations like this from happening again. Because this can't be right. The only good thing is that our mail isn't lying on the street somewhere, ending up in the wrong hands."

PostNL spokesperson Tessa de Jong referenced the incident as "a very annoying and unacceptable situation," and advised residents to "contact the sender of their mail for a suitable solution." The residents will soon receive an apology letter from PostNL.

## Alternative nicotine

EUROPE'S future of nicotine may just become tobacco-free, as the synthetic nicotine product, snus, continues to spread across the EU countries.

The tobacco-free nicotine small pouches come in white and brown strips, typically in metallic boxes, and are placed discreetly between the gum and the cheek.

Snus contains synthetic nicotine, along with microcrystalline cellulose or sodium carbonate that is absorbed through the buccal mucosa as they mix with saliva.

The product originated in the 16th century in Sweden, which is the only European country in which snus is legal.

According to the Swedish government, the product fuelled the reduction of cigarette smokers from 15 per cent in 2005 to 5,2 per cent in 2023.

A country is considered smoke-free when less than 5 per cent of its population are smokers; Sweden may be close to becoming smoke-free, yet, levels of nicotine addiction remain high.

Although still illegal in the rest of Europe, snus has been particularly popular in Spain and France; the substance can be purchased at some tobacco stores, as well as online, without legal age verification.

The substance exists in a legal grey area, claimed a 'healthier' alternative.

Yet, as synthetic nicotine becomes ex-

tracted from the tobacco plant, nitrosamines are present; these are recognised by the International Agency for Research on Cancer as carcinogens, provoking the threatening disease, and posing the same risks as regular tobacco.



Credit: abvrockgroup, Pixabay

Snus use in Europe.

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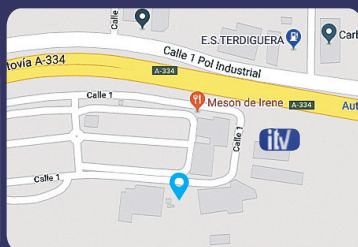
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# Bar closes to avoid tourists



Bar Puerta Martina closing because of tourists.

MID-AUGUST, one of the most profitable months for the restaurant industry in Spain, when most bars and restaurants are preparing for the trade of their year. However, in Galicia, a small bar has made the unusual decision to close for a week in the middle of the summer season.

The Puerto Martina Bar in Mera, Galicia, posted recently on Facebook that they would be temporarily closing their doors at the busiest time of the year. And why? People

from Madrid. As an ex-resident of Madrid of 22 years, this story peaked my interest. But it turns out that the reasons of the management do make for good business acumen.

The main cause for them closing from August 12 to 19 is to avoid the deluge of tourists that instead of bringing in plenty of sales, cause massive stress and wear on the staff. So popular is Galicia at the moment with Madrid holiday-makers that, according to what the restaurant ow-

ner said on social media 'If the bomb dropped on Galicia this weekend, it would wipe out the population of Madrid'.

She went on to claim that Galicia didn't need this class of tourist who orders the minimum possible, occupying tables but spending hardly anything, while the younger ones order booze, and don't want to show their ID cards. This not only has an affect on their takings, but also exhausts the staff who dread this time of year.

## INTERVIEW

# Speaking European – Paula Van Oudheusden Saenz

It's an adventure," said Paula about her journey of moving to Spain. Half Dutch, half Spanish, Paula was born in the Netherlands, but despite frequent trips, has never lived in Spain.

"MY mother used to say that we would move to Spain once I finish high school," said Paula, sharing that the family was unable to move after all due to her mother's illness and consequent passing.

"I decided to move seven years ago. It took two years to actually relocate and feel at home here," said Paula. She moved to a little town in the Granada Province with her husband and kids, seeking 'freedom' from the Dutch routine.

Although Paula was raised bilingual, she felt rather lost in Spain during the first two years; "Even though I'm fluent in Spanish, there were a lot of things

I didn't know about the bureaucracy and the laws in Spain. Working here was completely new to me." Paula works as a real estate agent, lawyer and international recruiter.

Paula identifies with both the Dutch and the Spanish but notes; "It's still weird for me to see such a big difference culturally."

In Spain, she learnt that you can't have six appointments in one day and that there's no

use to hurry.

But she loves living here and believes; "In Spain, nothing goes as expected but everything works itself out in the end."



Paula Van Oudheusden Saenz; half Dutch, half Spanish, living in Spain.

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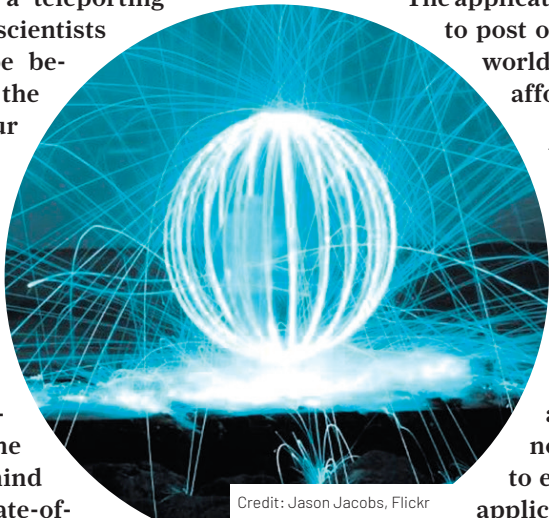


# Scotty future

A GERMAN breakthrough in telepor-tation can change our perception of time and space; after researchers at the Hasso Plattner Institute in Pots-dam developed a teleporting appliance, scientists across the globe be-gan to question the direction of our future.

“We pre-sent a simple self-contained appliance that allows reloca-ting inanimate physical ob-jects across dis-tance,” said the scientists behind ‘Scotty’. The state-of-the-art appliance was na-med after the catchphra-se ‘beam me up, Scotty’, from the iconic science fiction series, Star Trek, referencing human telepor-tation.

The appliance functions through 3D printing, utilising destructive scanning techniques. The scanned data is effec-tively sent to a 3D printer at a different location, even to a different country.



Credit: Jason Jacobs, Flickr

The future of teleportation.

Although still in the early stages, ‘Scotty’ is being improved to potentia-ly serve in the production and supply chain environments.

The application could be used to post objects across the world, rapidly and affordably.

However, the breakthrough in teleportation comes with concerns. As thrilling as it is, changes always come with concerns and the public is not yet sure what to expect of the new application.

Questions have been raised about the poten-tial loss of valuable arti-facts or meaningful objects.

Moreover, so far it cannot transport large or alive objects. Teleporting your pet or your loved one, is still just a fan-tasy today, but we are discovering the malleable nature of time and space, which with the right control, could be-nefit our future.

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Your VOICE



BEACH CHAIRS OR BROLLIES ARE OFTEN LEFT UNATTENDED.

Is it fair to reserve a spot at the beach early in the morning?

WITH the influx of tourists, another problem has arisen: appropriate beach etiquette. In fact, there have been so many complaints that one town council in Costa Blanca North has been forced to take action.

It is now no longer permitted to set up chairs, hammocks, or umbrellas on the beach before 9.30am. Aside from the annoyance it causes to others wishing to use the beach, it hinders beach cleaning and often results in these items being left unattended, effectively reserving space for their owners.

Those found behaving in this way will face a fine of €250, but have they got it right?

We asked *Euro Weekly News* readers if it is fair to reserve a spot on the beach early in the morning?

**Susan Marshall** said, "Surely, a lot of people set out their chairs and brollies, etc, then at lunchtime, go to a Chiringuito to have a meal, come back and spend the rest of the day there. Are they supposed to cart all their belongings into the restaurant, then go back and re-set up again? It seems crazy to me. Surely, there's enough space for everybody?"

**Karen Callander** also does not see it as an issue and shared, "Our local beach is mainly Spanish families. They take their chairs down, have their breakfast, and then head

down. The young ones set the old ones up, and they all spend the day together. I have no problem; there is plenty of room on the beach. When I wander down, they always invite me to sit with them."

However, **Jane Murrell** feels generally 'no', but quantified that with exceptions when she said, "No. The only exception is if you or somebody from your group are 1. On your sunbeds or 'reserved' area from that time and 2. Leaving everything there and going to the nearest place for lunch for no more than an hour - hopefully, your sunbathing neighbours could vouch for that!!"

**Judith Dominique Wolfenegg** feels very strongly that it is not acceptable, saying, "Neither at the pool nor on the beach. Only people without manners do that. These are public places that cannot and must not be reserved. The worst are those who get up at 5 or 6am, lay towels everywhere and don't even turn up until the afternoon."

**Emma Monks** also believes that it is not right and says, "It's a beach. It's a public place. You can't 'reserve' anything on a beach. If I were on a beach with lots of chairs out and the owners neither in the sea nor 'in residence', I'd simply fold them up, put them to one side, and take their place."





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# Redhead Days

TREATED with hostility in the past and considered witches or vampires in the Middle Ages, redheads in the modern world are thriving and celebrating their unique traits; the Redhead Days Festival marks one of the occasions to embrace the distinctive nature of gingers.

Held annually on the last full weekend of August, this year the Redhead Days Festival will take place on August 23-25 in Tilburg, the Netherlands. Growing in size every year, the festival anticipates tens of thousands of redheads to unite in the world's most spectacular redhead festival.

"The festival is based on three core values: connection, pride, and recognition," stated the organisers. The festival was founded accidentally by the painter Bart Rouwenhost in 2005. Rouwenhost



Redhead Days Festival 2022.

sought out 15 red-haired models for an exhibition in Astén; with the help of an advertisement, 150 redhead models turned up instead.

Having trouble saying no, Rouwenhost invited all of the models to take a group photo; and so demand for future festivals was created. Since then, the Redhead Days Festival

has been uniting redheads across the world, reaching as many as 1,672 gingers in one photo, as noted in the Guinness Book of World Records.

The festival is free of charge and lasts three days, with Sunday being the group photo day, in which thousands of redheads make an image to remember for a lifetime.

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THE highly anticipated Copenhagen Cooking & Food Festival of 2024 is held from August 16 until August 25, in the Danish world-class gastronomy metropolis.

The annual festival will mark its 20th anniversary, paying tribute to top chefs contributing to Danish gastronomy. At least 80,000 visitors are expected to participate, celebrating and renovating Nordic cuisine and sharing national, as well as personal cooking secrets.

This year, the Festival's headliner is the nutritious

# Food Festival

and delicious product; cabbage. Throughout nine days, cooking experts will share their favourite recipes featuring cabbage, from grilled servings and crispy salads to everything in between.

Every year, the Festival chooses a town across the globe to discover its authentic local cuisine; in 2024, it is Flanders in northern Belgium. Known as a UNESCO-recognised



Copenhagen Cooking and Food Festival is a real cultural treat.

Belgian beer hub and a top chocolate producer; the inventor of pralines, the town's rich gastronomy will be thoroughly studied and celebrated.

The city will also present its Flemish concept of 'Goesting'; a craving for the good things in life; when it comes to food, this means Michelin chefs, local produce and home-made dishes made with love.

From Italian summer dinners to traditional Polish dishes, the Festival teaches visitors how to make unique dishes and score products of the highest quality, to make cooking a real cultural and personal treat.

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## Fisherman found alive

A FISHERMAN, reported lost in the storms on Wednesday August 14, was found alive and safe after getting caught up in the extreme weather.

Heavy rain and thunderstorms caused chaos across the Balearic Islands for a couple of days and the fisherman, who hasn't been named, found himself out of his depth, quite literally, when storms hit the coast of Formentera.

Reported missing by family and friends after the storm hit, the rescue operation was launched immediately. The Maritime Safety and Rescue team began an active search of the La Mola area of Formentera and the fisherman was found alive on his boat around 5.6km to the south of the island.

The search was supported by aeroplane, helicopter and patrol car.

Weather warnings in the Balearics continued for the rest of the week, although by the weekend the weather was back to normal.

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- Popular El Saltador area
- 5 mins drive to Huercal-Overa town

### PUERTO LUMBRERAS VH2391

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EXCLUSIVE

- 5 bed, 5.5 bath Country House
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- 8m x 4m swimming pool
- Furniture also for sale
- 3 mins drive to Almendricos village

### LA ALFOQUIA VH2330

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EXCLUSIVE

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- Recently modernised;
- Swimming pool, garage, sun roof
- 456m2 landscaped garden
- Walk to shops, restaurants, doctors etc

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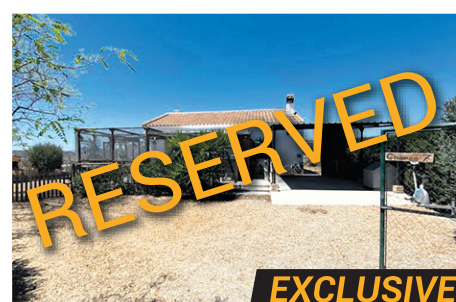


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- Furniture also for sale
- Immaculate condition
- Walk to shops, restaurants, doctors etc

**ZURGENA AREA VH2401**

**€289,950 CEE TBC**



- 3 bed, 2 bath Villa
- Recently modernised
- 8m x 4m swimming pool
- Amazing views, double garage
- 3 mins drive to bar / restaurant

**HUERCAL-OVERA VH2409**

**149,950 CEE TBC**



- 3 bed, 2 bath Village House
- Renovated but needs TLC
- 8m x 4m swimming pool
- Garage, 528m2 garden
- Walk to amenities

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# Education, Education, Education!



Olivia Wood

AS a student myself currently in Sixth Form at an International school in Marbella, I have spent the last few days immersed in both my own and peers' results which seem to determine our futures.

In recent years, it appears that results have fluctuated like never before, with this year being no different. Speaking to classmates of mine in Year 12, who have just received their AS level results which contribute to half of an A level, many of those who take specifically English and essay based subjects generally seemed to be satisfied with their results, with a majority of students from my year group obtaining high grades such as As and Bs.

This however, does not seem to be the case amongst others, especially those who took maths and other science based subjects, who were left disappointed on results day. Many felt both confused and shocked as they not only didn't meet their predicted grades but some even failed, leaving them with no other choice but to resit later on this year.

Overall, as a cohort however, we produced a successful array of results, with just under 60 per cent of results being As and just over 75 per cent being As and Bs. Whilst it may be true that results day left some having mixed feelings, I personally was content with my own results as they have put me in good stead for next year.

The pressure is off now that A-Levels are over.



Donna Williams

WHILE we all want to embrace a new life when we leave our homeland for a new country, there are some things that we find hard to let go of. Take supermarket shopping, for example; we naturally find ourselves seeking out the brands we are familiar with, at least in the beginning anyway. Change is something that humans generally find quite a challenge, that some rise to and others shy away from.

So, it would make sense that embracing a whole new system in education may be a step too far for some, especially if your child is already a teenager. Sticking to 'what we know' may be a better choice, even if it means paying for the privilege.

There is a significant presence of British education in Spain, evident in the 301 International Private Schools spread across 28 different cities.

The good news is that A-Levels are still recognised as a gateway to some great universities across the globe, as testified by Dr Ludovic Allenspack, co-CEO of Academia Schools, who said, "A-Levels are an important credential regardless of where you apply to university. We have had students who have studied A-Levels go on to top universities in the US and Switzerland, to name a few examples." This, coupled with the fact that the world of work is also becoming more international, has led to A-Levels gaining in popularity. Without a doubt, they are academically rigorous, trusted and a pre-tertiary qualification.

But what about A-Level students obtaining an education in the UK to study at a university in Spain? For one student, Brexit has seriously complicated matters as he must now study an additional A-Level to the three he has already achieved and take Pruebas de Competencias Especificas (PCEs).

He is studying for both at the British School Xativa, but understandably, this has been frustrating.

Naturally, stress also plays a part, and some parents are concerned about the pressure their kids put themselves under to

achieve good grades. Just passing is no longer enough, and perhaps social media has played a part. After all, every parent likes to brag about how well their kids are doing, but has it become a little too much like a competition?

One parent said, "It can be a little irritating when you see people bragging about A\* grades while my kid 'only' received an A in his. What happened to the days when passing A-Levels was an achievement in itself?"

One parent living in Orihuela, on the Costa Blanca, shared, "Leading up to her A-Levels, my daughter cried every night, thinking she had failed. I don't put pressure on her, and it was upsetting to see how motivated and determined she was to get three As, even to the point of not doing anything fun because she felt 'guilty' not to be revising."

Jo, whose son has just completed his A-Levels at El Limonar International School Murcia and thankfully got the grades he wanted, said: "I don't think the A-Levels themselves are too pressured, but young people are now told over and over they need to get 'amazing' grades or life is over."

Conversely, Sam, whose stepdaughter has just completed her A-Levels at the English International College in Malaga, feels that they are not too stressful and that 18-year-olds should have developed some resilience to what is a perfectly normal event. He said society is the problem in protecting kids from anything deemed 'difficult'.

Overall, more than a quarter of students were awarded an A or A\* grade, up by 0.6 percentage points compared to the previous year, so perhaps 18-year-olds are more resilient than they give themselves credit for.

## Study, anywhere

"WITH my experience of taking A-Levels in Spain, I feel qualified to live and work in any country," shared Anna Akopyan, a former student of the Lady Elizabeth School in Spain who is now finishing her major in English Literature and Creative Writing at an English university without ever having visited the UK.

Anna was 11 years old when her family made the life-changing move from Russia to Spain; the couple sought an unrestrained future for their two daughters.

In Spain, Anna's passion for languages was amplified by the diversity of European culture and British education; "It was so much easier to learn Spanish when you could actually practise it in real life."

For her A-Levels, Anna chose English Literature, English Language, Drama, and Spanish. In her drama class, there were only two students; "It was just me and one of my best friends and I loved it." She mentioned that the most popular subjects were PE, Business and Economics.

Anna scored As and A\* and was accepted into multiple British universities, including Sheffield Hallam and Essex University. But with the increased fees for non-European students, she struggled to finance her studies abroad, and feeling so attached to Spain, she joined the Open University, based in London, which she plans to visit sometime in the future.



Graduating from the Lady Elizabeth School



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# Anxiety of flying

**LEAPY LEE  
SAYS IT  
OTHERS THINK IT**



NEVER really been too keen on flying. Even after my extended affair with an attractive female crew member during which I also became friends with a number of airline pilots, did I ever really take to rising into the 'great blue yonder' ensconced in a tin tube with rockets or windmills attached.

In fact, I remember on one occasion I had been appearing in Sweden and on discovering that my flight back would entail two take offs and two landings, subsequently changed my passage to a somewhat antique cargo boat, which on reflection was probably far more risky than my original means of transport.

This anxiety of flying probably started as a young lad. Around the age of 15 I was on the Eastbourne sea-front watching a seaplane touch down off the coast. The plane was carrying a number of high ranking air force personnel who were attending a conference to be hosted

by the Duke of Edinburgh; luckily because of a business appointment the Duke was following later aboard a helicopter. As the plane skimmed across the water it suddenly hit a half-submerged object which stopped it dead and plunged the nose straight down into the choppy sea.

Later the plane was attached to ropes and I joined other volunteers in pulling it closer to the shore. The divers went down to search for bodies. I was observing one stretcher being carried past me up the beach when the victim's jacketed arm suddenly dropped down at the side.

The sleeve was decorated with gold arm bands and insignia depicting the prominence of the owner. I remember thinking that if Air Force personal of this caliber could be killed in an air accident, then no one was actually that safe. Oddly, since then on many subsequent flights, I have experienced a number of problems, including three aborted landings. On one journey from Africa to Saudi Arabia, we were actually at the halfway point when I heard one of the plane's two engines change pitch and slowly fall into silence.

After a short while the pilot came on to announce we had lost an engine and would be returning to Kenya for attention. He then tried to ease the situation by telling us the plane was ok on one engine! That certainly didn't help me too much as we now actually only had one more to go! I subsequently proceeded to get hopelessly drunk on the half-bottle of brandy I was planning to smuggle into Jeddah. Frankly I don't remember much else, but we obviously made it. Or did we? Am I now on a different plane altogether? On another occasion in 1972 I actually drove by the wreckage some 10 minutes after BEA 548 crashed at Staines.

I well remember being horrified at witnessing large numbers of paper cups and serviettes blowing across the road from the accident which killed 118 people. Worry not; the odds on a fatal crash are millions to one against. Sit back, relax, and partake a large one (or two). Believe me, there are far more risks on your transport to the airport - or so they say!

*Keep the faith*

*Love Leapy.*

*Leapylee2002@gmail.com*

Leapy Lee's opinions are his own and are not necessarily representative of those of the publishers, advertisers or sponsors.

## Drink preferences

SPAIN is world-known for its ability to relax and enjoy the simpler pleasures of life, like enjoying a caña de cerveza, or a small beer.

However, times are changing and with it goes the traditional choice of drink, as the consumption of beer in Spain has reduced by 14.03 per cent in the first half of this year.

On the other hand, a clara or shandy, the combination of beer and lemonade or soda, which is more refreshing and has lower alcohol content, has shot up in popularity by 35.4 per cent in the same period.

Although not everyone has simply swapped drinks but instead removed them altogether, with the nation's overall alcohol consumption decreasing by 2.64 per cent in the first half of this year.

These figures refer to a report carried out by the Delectatech platform, which analysed the comments on digital platforms of more than 250,000 hospitality establishments throughout Spain.

Much of the change in drink choices can be attested to the change in habits but is also a knock-on effect of the price increases on alcoholic drinks that occurred in 2023. Additionally, there is a growing concern for health and healthier living, especially in the younger generation.



Credit: Shutterstock

Drink preferences are evolving in Spain alongside the change in lifestyles.

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## BUSINESS EXTRA

### Olympic figures

COMPARED with the previous week, sales of wine went up by 35 per cent in the UK on the evening of Friday July 26, as the British settled down to watch the opening ceremony of the Paris Olympic Games. Viewers bought 60 per cent more nuts, while crisps sales rose by 10 per cent.

### Fine thing

THE Bank of Spain fined Wizink €2.7 million for 'offering and marketing' revolving credit cards in 2018 and 2019. The online bank failed to inform clients that the debt resulting from use of the card was 'rolled over' each month, incurring interest rates of up to 20 per cent, Spain's banking regulator said.

### Offer accepted

INVESTMENT and financial services firm Hargreaves Lansdown has agreed to a £5.44 billion (£6.37 billion) takeover from a consortium that includes Abu Dhabi's wealth fund. Under the offer, which must be approved by shareholders, investors will receive 1,110p (£11.84) and a dividend of 30p (£0.35) per share.

### Inflation down

SPAIN'S overall inflation fell to 2.8 per cent in July, while food inflation dipped to 3.1 per cent, its lowest since October 2021, Spain's National Statistics Institute (INE) revealed. Cheaper fruit and moving olive oil to the group of foodstuffs without the IVA value added tax contributed to the reduction, INE said.

### No obligation

AMALGAMATED HOLDINGS WILKINSON LIMITED (AHLW) the company belonging to the Wilkinson family which founded the bankrupted Wilko chain, have no plans to plug their employees' £70 million (£81.9 million) pension hole. Lawyers believe that they are under no obligation to do so, AHLW said.

## Hefty BT stake changes hands

INDIAN billionaire Sunil Mittal, who has a net worth of around \$19.7 billion (£18.03 billion), is buying a 24.5 per cent stake in BT.

The acquisition from another billionaire businessman, French-Israeli Patrick Drahi, will make Bharti Global - the investment division of the Mittal family's telecommunications' group Bharti Enterprises - BT's largest shareholder.

BT welcomed the deal on August 12.

"This scale of investment from Bharti Global is a great vote of confidence in the future of BT Group and our strategy," BT's chief executive Allison Kirkby declared.

Bharti Enterprises will first of all acquire a 9.99 per cent holding in BT, followed by the remaining 14.51 per cent once this has received security clearance from the UK government.

Bharti is applying voluntarily

for clearance although the threshold for this type of transaction is 25 per cent, the group said.

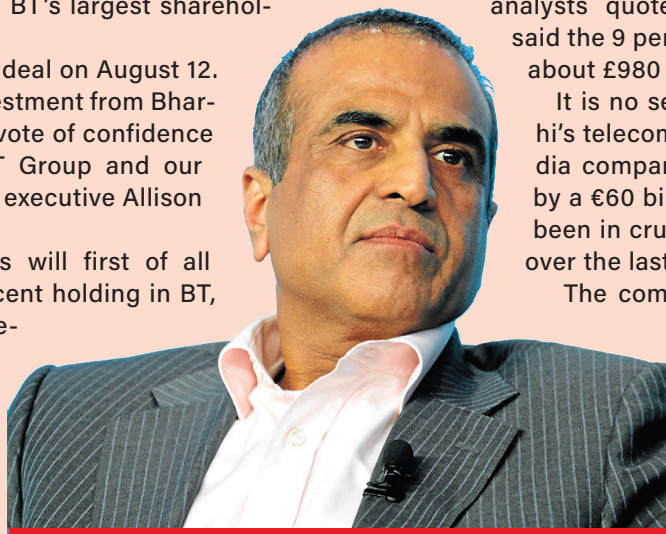
A Bharti Enterprises' statement to the London Stock Exchange also made clear that it has "no intention" of making a bid to take over BT.

Details of the sums involved were not disclosed, although New Street Research analysts quoted by the *Telegraph*, said the 9 per cent stake was worth about £980 million (£1.15 billion).

It is no secret that Patrick Drahi's telecommunications and media company Altice, is burdened by a €60 billion debt pile and has been in crucial talks with lenders over the last few months.

The company has been hit by

rapidly-increasing interest rates and is also having to handle accusations of corruption that triggered a criminal investigation in Portugal.



SUNIL MITTAL: Indian billionaire has acquired 25 per cent of BT

Photo credit: CC/World Economic Forum

## Not much of a bargain

SPAIN'S railway operator Renfe saved €1.15 billion in 2016 by selecting Talgo to build and maintain new high speed trains.

Siemens, Alstom, Bombardier and Spanish company, CAF, all put in higher tenders but the Talgo bid, 43 per cent below the contract's €2.64 billion limit, was less of a bargain than it appeared at the time.

The first consignment of Talgo Avril 106 trains were to be deli-

vered within 38 months but only arrived in April 2024 after Renfe put in a claim for €116 million, plus €50 million for loss of earnings.

Renfe said on August 10 that 11 of the trains which came into service in May were operative but another 11 were not, owing to "faults and other circumstances."

There have now been 479 "incidents" linked to the new trains,



Photo credit: CC/Falk2

TALGO: An Avril 106 train waits at Valencia's AVE station.

one with a "domino effect" that involved 11,768 passengers and will cost Renfe €390,000 in compensation payments.

## Power from Scotland

BRITAIN'S energy regulator Ofgem has given the go-ahead to a £4.3 billion (£5.03 billion) electricity 'superhighway'.

A 300-mile (483-kilometre) undersea cable - the country's longest - will transport electricity from offshore windfarms in north-east Scotland to Yorkshire in the north of England.

Once installed, this first phase of the Eastern Green Link will transport enough electricity to power two million homes and businesses for an hour, Ofgem said. Work is due to begin later this year, and should be completed by 2029.

## Towers of strength

UBS repeated its Cellnex Telecom 'buy' recommendation and maintained its €41.1 target share price, suggesting a 23 per cent increase in value for the Spanish telecommunication towers group.

Not only UBS, but also analysts at Sabadell and Bankinter have approved the recent sale of Cellnex's Austrian business which they described as "positive." Cellnex chief executive Marco Patuano maintained that the €803 million sale to an investor consortium was a step further towards a "new chapter" for the company.

"This is in line with a strategy that centres on consolidation, on simplifying our structure and focusing our efforts on opportunities for growth in the principal markets where we operate," Patuano said.

## Historically normal

THE UK'S grocery inflation rate rose 1.8 per cent in the four weeks ending on August 4, Kantar World Panel revealed.

This was the first food inflation increase in 17 consecutive months, with vitamins, diet supplements, drinks and chocolate amongst the most affected items.

Despite the rise, Kantar's Retail and Consumer Insight chief, Fraser McKevitt, said that grocery inflation had now returned to a "historically-normal level."

While this was especially noticeable after 17 months of falling rates, the latest figure signalled a return to average levels over the five years that preceded the onset of the cost-of-living crisis, McKevitt added.

## No closures

HSBC pledged that it would not close any outlets until 2026 at the earliest.

Since 2015, Britain's high street banks have between them closed more than 6,000 branches, of which 743 belonged to HSBC.

According to UK media reports, the bank now wants to reassure customers, particularly the elderly and vulnerable, that its promise to keep all of its 327 branches open this year will extend to 2025 "and probably beyond."

The bank also intends to spend £50 million (£58.5 million) on renovating its offices.

## Grifols targeted again

GRIFOLS shares fell by 5 per cent to €8.22 on August 13, after Los Angeles law firm Schall launched a class action lawsuit against the Barcelona pharmaceuticals company. The company's shares are listed both in Spain and the US and Schall Law maintained that Grifols issued "false and/or misleading statements and/or failed to disclose information pertinent to investors."

Shareholders in the company, targeted by short-sellers Gotham City Research in January 2024, have been invited to contact Schall Law to discuss their rights, free of charge.

## More money

SPANISH households' disposable income grew by 1.5 per cent during 2024's first quarter, according to Organisation for Economic Cooperation and Development (OECD) figures.

This was also comfortably above the average 0.9 per cent increase for OECD member countries.

Although Spain's disposable income has now climbed for two consecutive quarters, this latest rise was less pronounced than 2023's last quarter which was up 3.74 per cent on the previous three months.





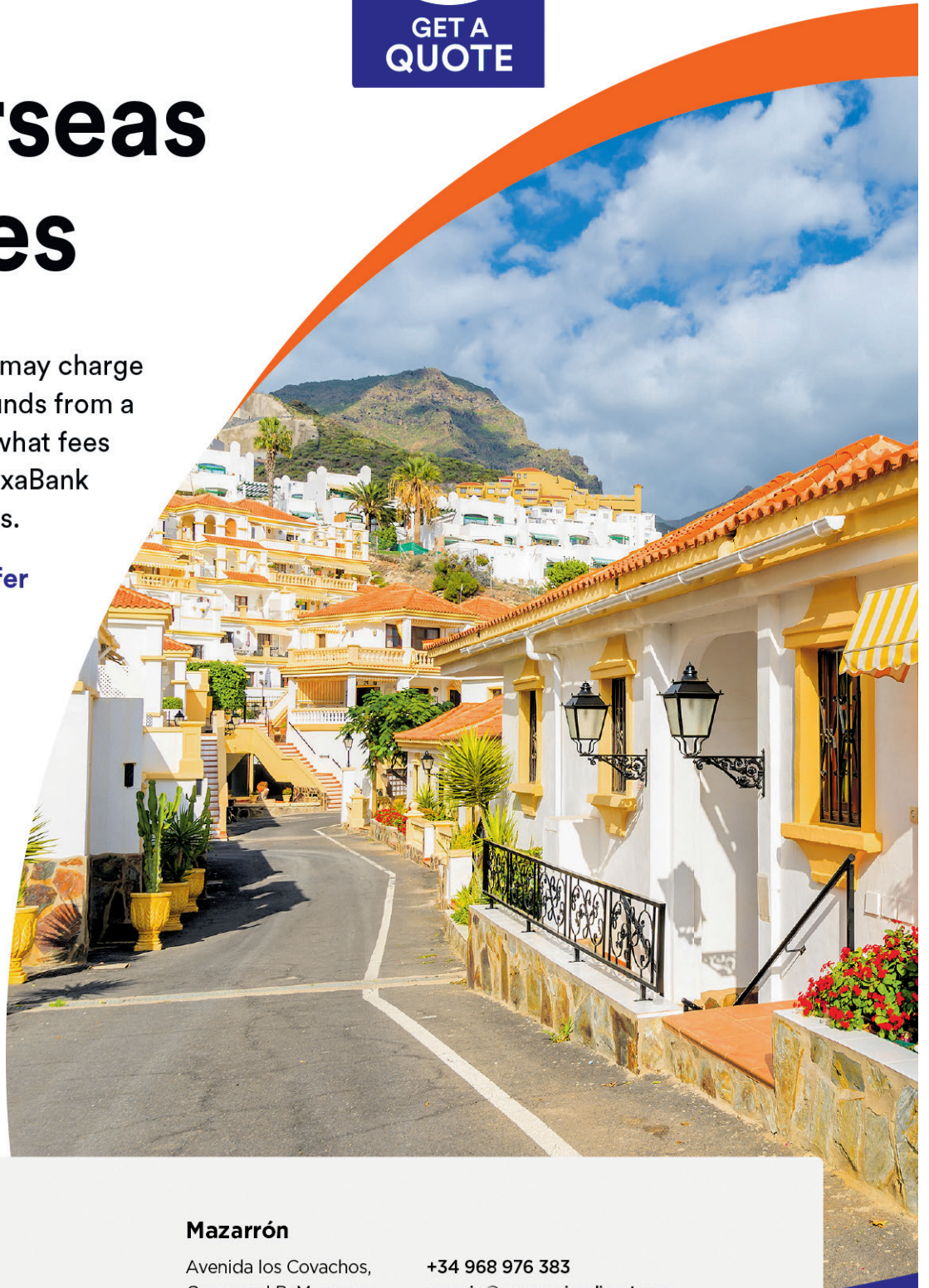
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3i Group.....	3.142,00	3.148,00	3.108,00	207,77K	Intermediate Capital.....	2.128,00	2.130,00	2.110,00	83,89K
Admiral Group.....	3.043,00	3.048,00	2.973,00	206,95K	Intertek.....	4.742,00	4.780,00	4.734,00	31,73K
Airtel Africa.....	111,3	111,8	110,9	323,78K	J Sainsbury.....	281,2	282,4	280,8	687,6K
Anglo American.....	2.184,50	2.195,00	2.176,50	549,38K	JD Sports Fashion.....	127,3	127,61	126,2	1,6M
Antofagasta.....	1.878,00	1.890,50	1.873,00	140,67K	Kingfisher.....	277,9	278,3	275,3	435,27K
Ashtead Group.....	5.266,00	5.317,00	5.254,00	118,96K	Land Securities.....	630	633,5	628	272,91K
Associated British Foods.....	2.500,00	2.507,00	2.487,00	93,02K	Legal & General.....	229	231,12	228,5	4,53M
AstraZeneca.....	13.136,00	13.206,00	13.130,00	295,71K	Lloyds Banking.....	58,44	58,62	58,09	19,83M
Auto Trader Group Plc.....	818	821,4	814,8	297,31K	London Stock Exchange.....	9.948,00	9.955,20	9.902,00	131,3K
Aviva.....	500,4	504,8	499,5	1,24M	Londonmetric Property.....	204,18	206	204	1,24M
B&M European Value Retail SA.....	446,5	449	445,3	418,63K	M&G.....	209,8	211,46	209,8	1,21M
BAE Systems.....	1.358,50	1.362,50	1.355,50	819,75K	Marks & Spencer.....	330,3	331,4	328,83	960,51K
Barclays.....	227,87	228,79	225,35	7,94M	Melrose Industries.....	507,2	507,2	498,97	696,44K
Barratt Developments.....	539,6	542,2	535,6	455,4K	Mondi.....	1.463,00	1.468,50	1.458,00	119,6K
Beazley.....	746,5	748	739,79	366,69K	National Grid.....	979,2	984,6	978,09	1,76M
Berkeley.....	5.270,00	5.330,00	5.265,00	43,88K	NatWest Group.....	348,1	349,3	344,5	2,92M
BP.....	439,75	446,6	439,45	6,07M	Next.....	9.854,00	9.860,00	9.812,00	44,52K
British American Tobacco.....	2.774,00	2.791,00	2.764,00	789K	Pearson.....	1.046,50	1.049,00	1.044,00	163,86K
BT Group.....	144,95	145,35	144,31	3,19M	Pershing Square.....	3.685,40	3.714,99	3.660,00	49,32K
Bunzl.....	3.228,00	3.254,00	3.224,00	78,32K	Persimmon.....	1.670,00	1.685,00	1.655,50	183,08K
Burberry Group.....	678,8	685,4	666,4	915,93K	Phoenix.....	555,5	561	555	387,8K
Centrica.....	127,7	128,2	127,05	1,96M	Prudential.....	658,4	663,23	655	953,32K
Coca Cola HBC AG.....	2.746,00	2.756,00	2.738,00	90,29K	Reckitt Benckiser.....	4.289,00	4.299,00	4.260,00	258,25K
Compass.....	2.385,00	2.390,00	2.374,00	456,31K	Relx.....	3.537,00	3.557,00	3.531,00	538,76K
ConvaTec Group.....	236,6	237,4	236,2	1,05M	Rentokil.....	483,5	486,5	479,2	848,24K
Croda Intl.....	3.894,00	3.912,00	3.883,00	44,11K	Rightmove.....	538,4	548,8	538,4	410,03K
Darktrace.....	590,2	592,4	589,8	214,64K	Rio Tinto PLC.....	4.722,00	4.750,00	4.715,00	512,17K
DCC.....	5.270,00	5.305,00	5.255,00	23,42K	Rolls-Royce Holdings.....	499,5	504,6	498	3,61M
Diageo.....	2.488,00	2.524,50	2.485,80	701,11K	Sage.....	1.029,00	1.033,55	1.024,85	215,2K
Diploma.....	4.280,00	4.294,00	4.262,00	38,44K	Schroders.....	347,2	348,8	344,8	252,22K
DS Smith.....	458,6	464,2	454,12	735,69K	Scottish Mortgage.....	858,6	863,6	857,4	500,1K
EasyJet.....	436,4	438,89	434,8	321,46K	Segro.....	892,2	900	891,4	322,03K
Entain.....	636,4	640,38	624,8	458,09K	Severn Trent.....	2.571,00	2.590,00	2.546,00	153,2K
Experian.....	3.579,00	3.594,00	3.567,00	232,58K	Shell.....	2.781,00	2.807,50	2.780,00	1,82M
F&C Invest.....	1.043,06	1.054,00	1.042,00	142,69K	Smith & Nephew.....	1.164,00	1.172,50	1.163,00	401,52K
Flutter Entertainment.....	16.075,00	16.365,00	16.015,00	47,15K	Smiths Group.....	1.764,00	1.780,00	1.762,00	81,52K
Frasers.....	849,5	863,5	844	29,54K	Smurfit Kappa.....	3.277,00	3.300,00	3.260,00	97,91K
Fresnillo.....	542	546,5	540	100,09K	Spirax-Sarco Engineering.....	7.600,00	7.650,00	7.580,00	31,09K
Glencore.....	406,85	412,3	406,75	4,97M	SSE.....	1.888,50	1.907,00	1.888,50	323,31K
GSK plc.....	1.593,00	1.599,00	1.588,00	1,01M	Standard Chartered.....	769,2	769,4	756,8	1,1M
HALEON.....	372,1	375	371,8	2,34M	Taylor Wimpey.....	162,5	164	161,6	1,8M
Halma.....	2.558,00	2.565,00	2.544,00	92,11K	Tesco.....	340,7	341,9	339,7	1,97M
Hiikma Pharma.....	2.068,00	2.078,00	2.054,00	40,8K	Unilever.....	4.723,00	4.760,00	4.719,00	647,32K
Howden Joinery.....	905	906	899,5	173,01K	Unite.....	951	959	950	93,89K
HSBC.....	658,1	660	655,5	5,78M	United Utilities.....	1.003,50	1.008,00	997,9	168,41K
IAG.....	171	171,25	169,97	2,41M	Vistry Group.....	1.361,00	1.368,15	1.352,76	215,69K
IMI PLC.....	1.786,00	1.793,00	1.778,00	74,48K	Vodafone Group PLC.....	74,08	74,58	73,82	7,67M
Imperial Brands.....	2.159,00	2.166,00	2.156,00	205,13K	Weir Group.....	1.922,00	1.939,00	1.922,00	139,75K
Informa.....	820,6	824,4	819,8	292,01K	Whitbread.....	2.847,00	2.856,00	2.837,00	62,75K
InterContinental.....	7.504,00	7.504,00	7.428,00	51,06K	WPP.....	706,6	711,2	705,8	328,07K

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Closing Prices 19 August				
COMPANY	PRICE(P)	MAXIMUM	MINIMUM	NET
3M.....	127,16	127,94	126,17	3,36M
Amazon.com.....	177,59	177,91	173,99	51,7M
American Express.....	249,5	250,36	245,35	2,66M
Amgen.....	325,39	327,16	321,94	1,89M
Apple.....	224,72	225,35	222,76	46,41M
Boeing.....	176,41	176,56	169,98	5,94M
Caterpillar.....	345,64	347,64	340,79	3,23M
Chevron.....	146,8	147,52	145,48	6,3M
Cisco.....	48,53	50,28	48,16	45,98M
Coca-Cola.....	68,65	68,92	68,5	11,29M
Dow.....	53,87	54,08	53,22	3,5M
Goldman Sachs.....	499,02	506,91	498,26	1,73M
Home Depot.....	360,07	365,41	358,14	3,58M
Honeywell.....	198,46	200,23	198,1	2,9M
IBM.....	193,95	194,25	193,28	2,47M
Intel.....	20,69	21,06	20,23	84,81M
J&J.....	159,09	159,5	157,84	7,24M
JPMorgan.....	211,55	213,89	211,1	7M
McDonald's.....	274,87	275,76	271,85	2,45M
Merck&Co.....	113,31	114,5	112,57	9,69M
Microsoft.....	421,03	421,11	417,66	20,75M
Nike.....	82,5	83,06	80,67	23,58M
P&G.....	167,92	169,68	166,75	9,49M
Salesforce Inc.....	262,79	262,89	256,24	5,17M
The Travelers.....	216,43	217,6	214,61	848,75K
UnitedHealth.....	579,61	583,34	573,51	2,75M
Verizon.....	40,04	40,92	40	17,49M
Visa A.....	266,8	267,39	262,84	7,4M
Walmart.....	73,18	74,44	72,78	49,57M
Walt Disney.....	88,79	88,93	87,21	12,4M

M - Million Dollars

Closing Prices 19 August		
COMPANY	CHANGE NET / %	VOLUME
<b>Most Advanced</b>		
Cingulate.....	160,43 %	105,32M
Portage Biotech Inc.....	62,79 %	2,52M
Big Tree Cloud Holdings.....	55,00 %	509,85K
Accuray.....	51,75 %	14,71M
Ast Spacemobile.....	50,70 %	75,97M
U BX Tech.....	44,98 %	232,56K
Lucas GC.....	37,98 %	2,65M
Sidus Space.....	37,50 %	585,25K
Yunji.....	37,14 %	99,11K
VS Media Holdings.....	35,77 %	49,24M
M - Million Dollars		
<b>Most Declined</b>		
Turnstone Biologics.....	-61,93 %	5,78M
Collective Audience.....	-53,24 %	3,35M
Sow Good.....	-34,77 %	585,64K
Earlyworks ADR.....	-32,71 %	3,35M
Fibrobiologics.....	-30,23 %	538,1K
Raytech Holding.....	-29,09 %	591,92K
B. Riley Financial.....	-27,69 %	11,6M
FSD Pharma B.....	-26,93 %	192,8K
Grom Social Enterprises.....	-25,72 %	2,37M
ConnectM Tech Solutions.....	-25,57 %	2,39M
Conifer Holding Inc.....	-25,00 %	78,8K
M - Million Dollars		



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Not happy

VODAFONE and Jazztel received more complaints from their clients than any other telecommunications companies in Spain last year, according to the annual report from the government's Telecommunications Consumer Service Centre (OAUT). Digi and Pepephone, in contrast, received the fewest.

Biggest yet

ASTRAZENECA became Britain's first £200 billion (£234 billion) company after shares in the pharmaceuticals colossus rose by 1 per cent on August 13. Already the largest London-listed company ahead of Shell and HSBC, its shares have soared by 21 per cent this year.

# Shein eyes the Midlands

SHEIN is said to be looking for a UK warehouse as the Chinese fast fashion group prepares for a £50 billion (£58.4 billion) London Stock Market float.

The company, originally founded in Nanjing (China) but now based in Singapore, is believed to be interested in buildings with a minimum area of around 28,000 square metres and up to as much as 56,000 square metres.

Despite the rumours,



SHEIN: One of the online group's temporary pop-up shops.

a Shein spokesperson "actively exploring" warehousing locations world-

wide.

"Shein has no immediate plans to acquire warehouse space in the UK," the statement continued.

Nevertheless, UK media reports revealed that Shein is focusing on the Midlands and what is known as the 'Gold Logistics Triangle,' that covers 289 square miles (approximately 748,507 square kilometres). According to the Office of National Statistics (ONS) figures, this area is within a four-hour drive from 90 per cent of the UK population.

Shein switched original plans for a New York listing following misgivings in the US owing to its clear links to China.

In the UK, Shein has been in touch with senior politicians regarding the future listing and, according to media reports, 'confidentially' submitted the preliminary paperwork with Financial Conduct Authority in June.

## Early days

TENNIS star Rafa Nadal and Cantabria Labs spent €1.2 million on the October 2023 launch of NDL Pro-Health, a diet supplement specifically aimed at sportspeople. Accounts submitted to the Registro Mercantil by their company Canra 2022 revealed sales of €42,904 and a loss of €878,948 owing to personnel costs of €300,000 and other overheads of more than €800,000.

## Down-at-heel

MANOLO BLAHNIK sales fell to £91.2 million (£106.8 million) in 2023, 10 per cent down on 2022, while profits dipped almost one-third to £13.2 million (£15.45 million). The sought-after shoe brand has been affected by reduced spending on high-end fashion, especially in the US and China, although the company insisted that results were "robust."

# Going strong

DURALEX, the French company producing the table and glassware accompanying many a modest Spanish Menu del Dia, will become a cooperative.

After 20 years of financial setbacks and a suspension of payments announced in April, the iconic firm's 226 employees have rescued the firm taken over in 2021 by International Cookware, which also owns Pyrex.

To avoid bankruptcy, an Orleans court authorised Duralex workers to take over the brand as a cooperative company, which gives them 51 per cent of the capital and the deciding vote on key issues.

Turning Duralex into a cooperative was a "more solid solution" for the company's future than two offers received from other companies, the Orleans tribunal concluded.



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# THE SOCIAL SCENE

## ALMERIA



Credit: The Palette Studio/Instagram

### Body, brunch and brush

Harry Sinclair

THE PALETTE STUDIO is hosting an all-inclusive artistic, holistic and gastronomic retreat day.

On Monday, August

26, the Palette Studio is bringing a packed-full day "dedicated to rejuvenation, delicious food, drinks and creative expression" according to the organisers.

sers.

The event will be in the 'gorgeous setting' of Los Gallardos, Almocazar, from 9.30am to 4.30pm for €55 per person.

The day will start with an energising stretch and tone class, described by the studio as "designed to awaken and invigorate your body by stretching and toning your muscles."

After, you'll cool down with a dip in the pool to refresh and relax in the garden, "soaking in the serene surroundings" as promised by the organisers.

Then comes the bottomless brunch, with the Palette Studio offering tasty dishes and 'free-flowing cava all day'.

Once you're relaxed and ready, the art will start, where you will be guided step-by-step to 'help unleash your creativity and create a beautiful work of art' to take home.

As the name suggests, the bottomless cava will continue so you can Sip and Paint to your heart's content.

To join the day 'filled with a perfect blend of relaxation, creativity and rejuvenation' visit the Palette Studio website or call +34 634 319 256.

### Culture overload

ALMERIA is a city with centuries of history and legacy celebrated in its numerous museums.

To immerse yourself in the rich heritage and history of Almeria and its province, the list of museums in the city is bountiful, and all on this list are free to enter.

The first is the Puerta de Almeria Archaeological site, integrating part of the 10th-century coastal wall and preserving a small Roman-era salting factory. Included in this museum are audiovisual panels, illustrative photographs and details on the origin of the city. On Saturdays there are free guided tours from 10am to 2pm.

In the Plaza Vieja, you can find the Centre for Heritage Interpretation, which seeks to educate on the

city's history, including the Muslim era, Christian era and Contemporary Almeria.

Third on the list is the Museum of Contemporary Spanish Realism in Almeria, recently inaugurated and promoted by the Provincial Council of Almeria, located in the old Provincial Hospital, where one can admire a surprising and unique collection of art from the 20th and 21st centuries. Although admission is usually €5, on Sundays this museum can be visited for free.

Finally, the Museum of Almeria, which hosts interesting collections and works from prehistory to the Muslim and Christian era, as well as the European Museum of the Year in 2008 and other festivals.



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THE Cabo de Gata-Nijar Natural Park continues to grow in popularity as it provides unique ways of experiencing it.

The most common way to experience the Natural Park is to get lost and fall in love with its countless, spectacular and unspoiled beaches. However, there are other ways to explore and enjoy what Cabo de Gata, and Nijar, have on offer.

First is some of the best kayak routes in the country, which can be enjoyed for less than €45, allowing you to drift crystal-clear waters in style.

Additionally, there is the bigger seafaring option of boarding a boat for a ride around the beautiful blues of Cabo de Gata, allowing you to cruise along the coast of the Natural Park, seeing sights such as sea caves, Cerro Negro and the castle of San Pedro. Buceo Las Negras offer this excursion for €35.

To travel the equally exciting land on offer, consider taking a guided night hike, a 4x4 buggy tour of the salt flats and wetlands of the Natural Park, or go old-school and travel by horseback; the night hike lasts three hours for €25, travel by 4x4 for two hours and 45 minutes from €38, or by horseback from €30.

Cabo de Gata offers a variety of activities to explore the beauty of its Natural Park.



**Harry Sinclair**  
MOJACAR marks a new benchmark in quality tourism with its event, Cinco Estrellas (five stars).

This unique event, presented by the Almería Provincial Council in collaboration with the Crash Music production company, promises to become a cultural and gastronomic benchmark for this season.

Happening on October 19, Mojacar's Five Stars "seeks to unite two of the most appreciated pleasures; music and gastronomy," according to the organisers.

Taking place in the tourist hotspot and beautiful town of Mojacar, known for its beautiful beaches and vibrant culture, this event is not just a festival, but a celebration of everything that makes this coastal town unique.

"The event promises a multi-sensory experience" through top-level artists and Michelin star chefs, as stated by the organisers.

Francisco Garcia Cerda, the mayor of Mojacar, highlighted the importance of this event to further enhance Mojacar's prestige as a tourist destination, stating this festival takes "a firm step towards consolidating our locality as a benchmark in quality tourism."

The mayor assured that Mojacar is "committed to offering unique experiences which attract visitors from all over the world," with this event reflecting "the essence and charm of Mojacar."

Tickets are €35 and available on the official website [mojacar5estrellas.es](http://mojacar5estrellas.es).

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# Wash or wait

WE have all heard someone say that they are wearing the same clothes to dirty them out, but how often should you wash your clothes (that are not obviously dirty) to maintain hygiene and keep bacteria at bay.

Underwear, socks, and workout gear should be washed after each use due to their close contact with sweat and bacteria. T-shirts and camisoles, worn directly on the skin, should also be washed after every wear.

Jeans and pants can be

worn three to four times before washing. Washing jeans less frequently helps preserve their colour and fabric integrity. Sweaters, especially if layered over other clothing, can be worn three to five times before needing a wash. However, wool and

delicate materials may require more careful handling and less frequent washing.

Jackets, coats, and blazers, typically worn over other clothing, can go five to six times between washes or even longer if they are not visibly soiled. Pyjamas should be washed after three to four wears, ensuring you maintain a clean sleep environment.

By following these guidelines, you can effectively manage your laundry routine while keeping bacteria and odours at bay.



## Hair care SOS

SWIMMING pools, though a delightful way to stay fit and cool, can wreak havoc on your hair due to the chemicals used to keep the water clean.

Chlorine, a common disinfectant, strips natural oils from the hair, leaving it dry, brittle, and prone to split ends.

It can also cause discolouration, particularly in lighter shades, sometimes giving a greenish hue due to the reaction with copper compounds in the water.

To protect your hair, wet it thoroughly with fresh water before swimming; this helps reduce the amount of chlorinated water your hair absorbs.

Using a swim cap can provide a physical barrier against chemical exposure. Post-swim, rinse your hair immediately with fresh water and use a clarifying shampoo to remove any residual chlorine.

Deep conditioning treatments can restore moisture and vitality, while specialised swimmer's shampoos and conditioners help maintain your hair's health and shine. Regular trims and avoiding excessive heat styling also contribute to keeping your hair in top condition.

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# Slash dementia risk by 20%

A RECENT study has revealed that removing processed meats like bacon and sausages from your diet could significantly reduce the risk of developing dementia by 20 per cent. This groundbreaking research underscores the impact of dietary choices on long-term brain health.

## Processed Meats and Health Risks:

Processed meats, including bacon and sausages, are high in saturated fats, sodium, and preservatives such as nitrates and nitrites. These components have been linked to various health issues, including cardiovascular diseases and certain cancers. The new study highlights their potential role in accelerating cognitive decline and increasing dementia risk.

## The Study Findings:

Researchers analysed dietary habits and health outcomes, finding a strong correlation between high consumption



of processed meats and increased dementia incidence. Participants who reduced or eliminated these foods from their diet experienced a notable 20 per cent decrease in dementia risk. This suggests that dietary modifications can have a profound effect on brain health.

## Healthier Alternatives:

Replacing processed meats with healthier protein sources, such as lean meats, fish, legumes, and nuts, can contribute to overall well-being. These alternatives provide essential nutrients that support brain function and

cardiovascular health without the harmful effects associated with processed meats.

## Conclusion:

This study emphasises the importance of dietary choices in preventing dementia. By cutting out processed meats like bacon and sausages, individuals can significantly reduce their risk, promoting better cognitive health and longevity. Making mindful food choices today can lead to a healthier, dementia-free future.

# Skin as a health barometer

THE skin, often considered a 'barometer' of general health and well-being, can provide crucial insights into underlying health conditions. Well Pharmacist George Sandhu emphasises the importance of not overlooking even small changes in your skin. Here are 10 tell-tale skin conditions and their symptoms that could indicate serious health issues:

## 1. Persistent Dryness:

Chronic dry skin may signal conditions like diabetes or hypothyroidism. If moisturisers and hydration don't improve the texture, consult a healthcare professional.

## 2. Yellowish Skin (Jaundice):

A yellow tint could indicate liver disease, such as hepatitis or cirrhosis. Immediate medical attention is essential.

## 3. Red, Scaly Patches:

Conditions like psoriasis or eczema can cause red, scaly patches. These might also be linked to autoimmune disorders.

## 4. Darkening Skin (Hyperpigmentation):

Sudden dark patches could be a sign of adrenal insufficiency or Addison's disease.

## 5. Acne Breakouts:

Severe, persistent acne may be a symptom of hormonal imbalances or polycystic ovary syndrome (PCOS).

## 6. Unexplained Bruising:

Frequent, unexplained bruises can point to blood clotting disorders or vitamin deficiencies.

## 7. Moles Changing in Shape or Colour:

Changes in moles can be an early sign of skin cancer. Regular skin checks and dermatology consultations are crucial.

## 8. Itchy Skin:

Persistent itching could indicate kidney disease, liver disease, or an allergic reaction.

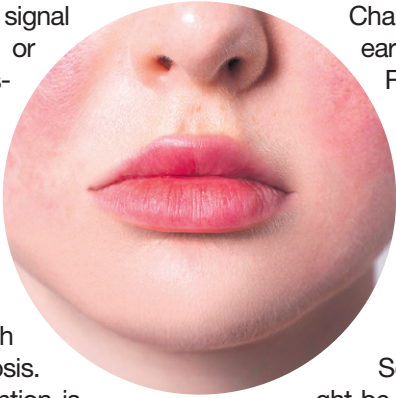
## 9. Non-Healing Sores:

Sores that don't heal might be a sign of skin cancer or diabetes. These should be examined by a healthcare provider.

## 10. Butterfly Rash:

A butterfly-shaped rash across the cheeks and nose is a hallmark of lupus, an autoimmune disease.

Monitoring your skin for these symptoms can provide early warnings of potentially life-threatening conditions. Sandhu advises seeking medical advice if you notice any unusual changes.



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## Balmy benefits

VASELINE, also known as petroleum jelly, is a versatile beauty staple that can enhance your skincare routine in numerous ways. Here are some top beauty uses for Vaseline:

**Moisturiser:** Vaseline is an excellent moisturiser for dry skin. Apply it to your face, hands, or any dry patches to lock in moisture and create a barrier against harsh weather.

**Lip Balm:** Keep your lips soft and smooth by using Vaseline as a lip balm. It helps to heal chapped lips and prevent further dryness.

**Cuticle Care:** Massage a small amount of Vaseline into your cuticles to keep them moisturised and healthy. This can help prevent hangnails (a small, torn piece of skin next to a fingernail or toenail, related to ingrown nails) and keep your nails looking neat.

**Make-up Remover:** Vaseline effectively removes make-up, including waterproof mascara. Apply a small amount to a cotton pad and gently wipe away make-up.

**Highlighter:** For a natural glow, dab a tiny amount of Vaseline on your cheekbones, brow bones, and the bridge of your nose as a subtle highlighter.

Incorporate Vaseline into your beauty routine for an affordable and effective solution to various skincare needs.

## Shine free routine

MANAGING oily skin can be a challenge, but with the right skincare routine, you can keep excess shine and breakouts at bay. Begin with a gentle foaming cleanser to remove excess oil and impurities without stripping the skin of its natural moisture. Look for ingredients like salicylic acid or benzoyl peroxide, which can help unclog pores and prevent acne.

Follow up with an alcohol-free toner to balance the skin's pH and remove any leftover residue. Witch hazel is a great option as it soothes the skin and tightens pores.

Next, use a lightweight, oil-free moisturiser to hydrate your skin without adding extra grease. Gel-based moisturisers with

ingredients like hyaluronic acid can provide necessary hydration while keeping the skin matte.

Incorporate a weekly clay mask to absorb excess oil and deep-clean pores. Look for masks containing kaolin or bentonite clay for optimal re-



sults.

Finally, always apply a broad-spectrum sunscreen during the day, as oily skin is still prone to

sun damage. Opt for a non-comedogenic, mattifying formula to keep your skin protected and shine-free.

## A Simple effective exercise

THE dead hang, a simple yet highly effective exercise, is gaining popularity for its surprising benefits. All you need is a sturdy overhead bar and a few minutes each day.

A dead hang involves gripping an overhead bar and letting your body hang freely, with your arms fully extended. While it may seem easy, this exercise offers numerous physical and mental benefits.

Dead hangs are excellent for improving grip strength, which is essential for many daily activities and other exercises. They also decompress the spine, relieving tension and promo-

ting better posture. Over time, dead hangs can enhance shoulder mobility and stability, reducing the risk of injury.

Beyond physical gains, dead hangs can boost mental resilience. The simplicity of hanging in place encourages mindfulness, helping you focus on your breathing and the present moment, which can reduce stress and anxiety.

Dead hangs require no special equipment or advanced fitness level, making them accessible to almost everyone. Just a few minutes each day can lead to significant improvements in strength, posture, and overall well-being.

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ADVERTISING FEATURE

# Simplifying home IT



IN today's digital age, technology plays a crucial role in enhancing our daily lives, but navigating the complexities of IT can often be daunting. That's where Home IT Services steps in. Based in Lorca, Murcia they offer a practical solution for homeowners seeking expert support with their computers, laptops, WIFI networks, and home security systems. With over 22 years of experience, including roles with prominent companies like EPSON, Vodafone, and Stoke-on-Trent City Council, Home IT Services provides a wealth of knowledge and expertise to its clients.

What sets Home IT Services apart is its commitment to clear, honest, and direct communication. They understand that technical jargon can be confusing, so they make it a priority to explain everything in straightforward terms. Clients

receive a transparent overview of all work and costs before any service is provided, ensuring there are no hidden fees or surprises. This approach helps clients feel more confident and comfortable with their technology. "I have lived here in Spain for 10 years now caring for my elderly parents so I know all the problems and difficulties in finding good service people who can do a top-quality job at an affordable price," Anthony, founder of Home IT Services told us when we sat down for a chat.

Among their offerings, Home IT Ser-



vices provides an IPTV service for those in Spain who wish to access British television. One of the great perks is that they provide home installation, making it really easy to get everything set up. Plus, they have a special promotion right now: pay for 11 months of service upfront and receive the 12th month free.

Home IT Services is available for home visits in Murcia, Andalusia, and Almeria, bringing personalised support directly to you. For

those interested in IPTV, their service is available throughout Spain. Anthony's professional, yet warm approach ensures that clients receive reliable and punctual service, with a focus on making technology manageable and accessible.

The company's philosophy revolves around providing clear, honest, and patient support. They are dedicated to helping everyone understand their products and feel at ease with the technology in their homes. Home IT Services is committed to creating a positive experience for each client, ensuring that all aspects of their IT needs are met with expertise and care.

**For anyone seeking a trustworthy IT partner, Home IT Services offers a dependable solution. To learn more about their services or to take advantage of their special IPTV offer, contact Anthony on 0034 623 463 422 (also available on WhatsApp), visit their website at [www.homeitservices.es](http://www.homeitservices.es), or email [hello@homeitservices.es](mailto:hello@homeitservices.es). Anthony is available Monday to Friday, from 9.30am to 6pm, ready to assist with any IT challenges. Home IT Services stands out as a reliable choice for making technology work seamlessly in the home, with a focus on clarity, honesty, and exceptional customer service.**

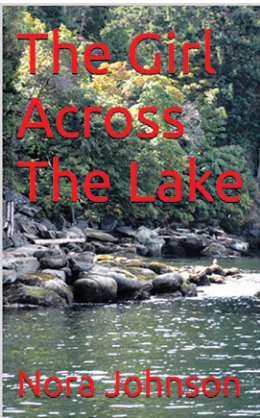
## Monday money meltdown!

LET'S just say my usual Monday supermarket visit turned into a €2,000 lighter experience after pickpockets relieved me of my purse between the checkout and the car!

The supermarket's security was less than enthused. So off I trotted to the bank, only to discover €2,000 had vanished using my debit card, and a police report (a 'denuncia') required for reimbursement.

The Local Police? Not interested, try the National Police. The National Police station? Bustling on a Monday, with a two-hour minimum wait: try back after five, with more officers on duty.

Five pm rolls around and, after another hour, a helpful officer informs me I need a form from the bank for the denuncia. Back to the bank, form acquired. Back at the station for another wait, the denuncia is complete. But wait! My insurance company insists the denuncia needs THEIR name on it!



**NORA JOHNSON**  
BREAKING VIEWS

NORA IS THE AUTHOR OF POPULAR PSYCHOLOGICAL SUSPENSE AND CRIME THRILLERS AND A FREELANCE JOURNALIST.



One more trip to the National Police and finally, result! A cautionary tale, readers - always keep your valuables up-close.

Apologies for sounding so grumpy but then, NO country's safe from professional thieves. But all's not lost! Not only has my latest thriller, 'The Girl across the Lake', just been published on Amazon but the previous one, 'The Couple across the Street', is now an audiobook on Audible!

Nora Johnson's 13 critically acclaimed psychological suspense crime thrillers ([www.nora-johnson.net](http://www.nora-johnson.net)), all available online at Amazon etc. Profits to Cudeca cancer charity.

Nora's opinions are her own and are not necessarily representative of those of the publishers, advertisers or sponsors.

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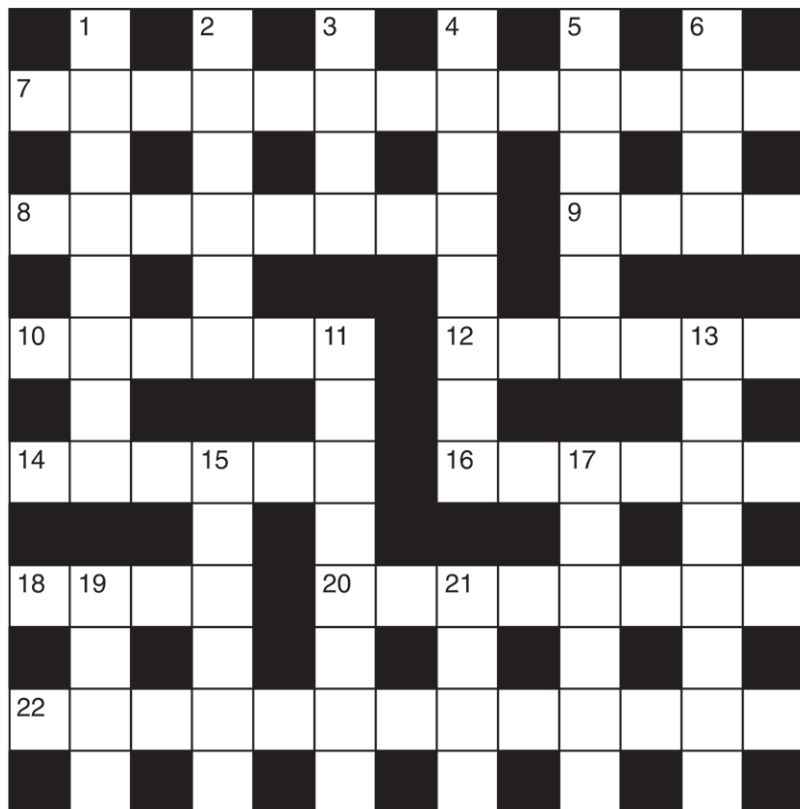




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## CRYPTIC CROSSWORD



### Across

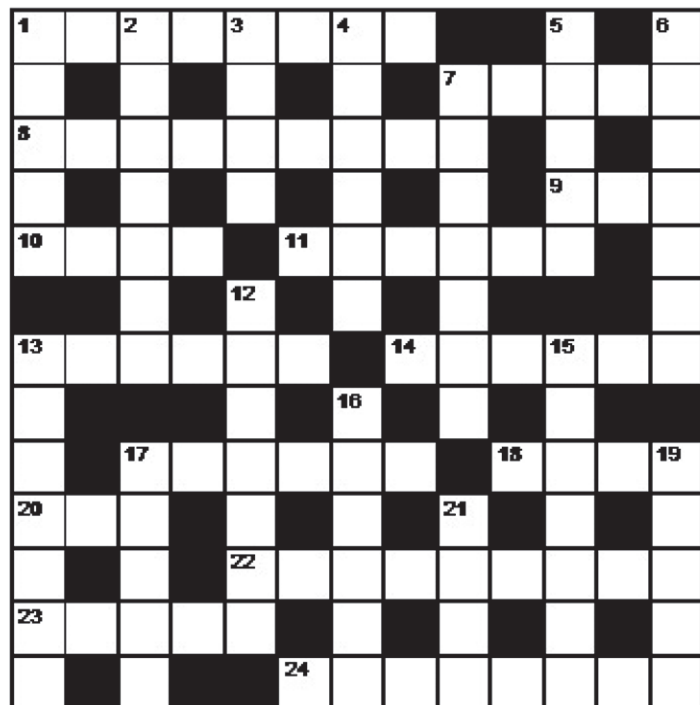
7. Here you see what makes crowds so  
cruel (9,4)
8. Going in for charm (8)
9. Craft lacking a prow? (4)
10. Small pigs making a distant noise (6)
12. Such games are not openly played (6)
14. It has no meaning (6)
16. Alliance has a complaint against the  
French (6)
18. One of rank, perhaps (4)
20. An apartment, indeed, needs air (8)
22. Softening the blow? (7,1,5)

### Down

1. Every plot, by the way, will have one (8)
2. He takes more than normal interest in his  
work (6)
3. This singer, it's said, never gives an  
encore (4)
4. You do what you like with it! (4,4)
5. Got a point orchestrated (6)
6. Skin colour? (4)
11. Hard-boiled words of commendation (4,4)
13. Clue mixed with open abundance (8)
15. Result of eavesdropping in winter? (6)
17. You can count on it (6)
19. Heartless about what adjacent properties  
do (4)
21. Dread a change in the fare (4)

## ENGLISH-SPANISH CROSSWORD

In this crossword the clues are mixed, some clues are in Spanish and some are in English.



### Across

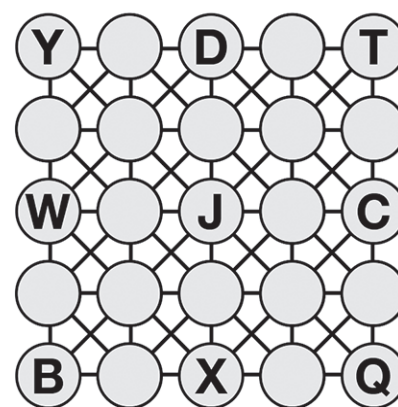
- 1 T-shirt (8)
- 7 Monk (5)
- 8 Aubergine (9)
- 9 That (3)
- 10 To love (4)
- 11 Tormentas (6)
- 13 Light year (3,3)
- 14 Reparación (6)
- 17 To cut (meat, bread, cards) (6)
- 18 Line (one behind another) (4)
- 20 Todo (en su totalidad) (3)
- 22 To pass (overtake) (9)
- 23 Vaso (para beber) (5)
- 24 Espliego (8)

### Down

- 1 Goat (5)
- 2 Market (7)
- 3 Hijos (4)
- 4 Veinte (6)
- 5 Rodillas (5)
- 6 To renew (7)
- 7 Casado (7)
- 12 Doors (7)
- 13 Organizar (7)
- 15 Friendship (7)
- 16 Cinnamon (6)
- 17 Limpiar (5)
- 19 To open (5)
- 21 Mismo (4)

## GOGEN

Insert the remaining letters of the alphabet (except Z) to form the listed words, moving between adjacent cells horizontally, vertically or diagonally in any direction.



AXE  
BASIC  
CHIVE  
DRIFT  
FROWN  
GROW  
JAM  
POD  
QUIRKY  
SLOP  
SUE

ABCDEFGHIJKLMNOPQRSTUVWXYZ

## NONAGRAM

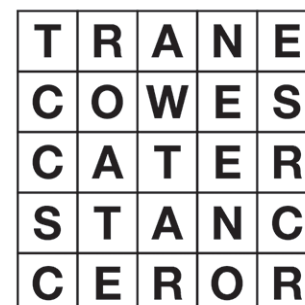
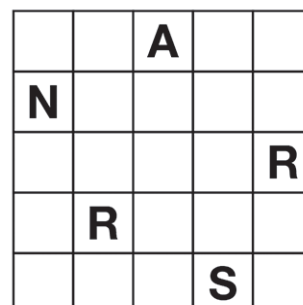
How many English words of four letters or more can you make from the nine letters in our Nonagram puzzle? Each letter may be used only once (unless the letter appears twice). Each word MUST CONTAIN THE CENTRE LETTER (in this case C) and there must be AT LEAST ONE NINE LETTER WORD. Plurals, vulgarities or proper nouns are not allowed.



Average 7  
Good 9  
Very Good 13  
Excellent 17

## ALPHAMUDDLE

Rearrange the letters in the grid on the left to make five words that read both across and down. Five letters have been placed to start you off.





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SUDOKU

Fill in all the squares in the grid so that every row, column and each of the nine 3x3 boxes contain all of the digits from 1 to 9.

EASY

2		9	7		4			1
	5		9		1		4	
		6		2				9
9	2			1			3	8
		4				9		
7	3			8			2	6
			1			6		
	4	8	3		6		7	
6			5		8	1		3

HARD

	9				6	7	4	
		3		7		6		
					8			2
			7		5			
1		5				9		6
			1		2			
5			4					
		6		8		5		
	7	4	6				1	

WORD SPIRAL

Starting from 1, fill in the grid clockwise with four-letter words. The last letter of each word becomes the first letter of the next to reveal the key word in the shaded boxes.

1				2			3
		9			10		
		14			15		
8						11	4
				16			
		13			12		
7				6			5

1. Military vehicle

2. Cougar

3. Operatic song

4. Cain's victim

5. Arm or leg

6. Bee's sound

7. Bluish-white metal

8. Young male horse

9. Canvas shelter
10. Cab

11. Middle Eastern country

12. Gibe

13. Stopper

14. Sport

15. Worry

16. Burial place

Keyword clue: An English county

952 147 834

Phone number valid from anywhere in Spain.

QUICK QUIZ

1. Of which US state is Charleston the capital?

2. Which zodiacal constellation takes its name from the Latin for 'scales'?

3. How many balls are on the table at the start of a snooker game?

4. Which book by former British intelligence officer Peter Wright did the Thatcher government ban?

5. What name is given to a judicial writ requiring a detained person to be brought before a court?

6. How many archbishops does the Church of England have?

7. Which character in the Arabian Nights encounters the Old Man of the Sea on his fifth voyage?

8. Which rock guitarist was a member of Cream and Blind Faith?

9. Which country in Jonathan Swift's Gulliver's Travels features inhabitants who are 6 inches tall?

10. In which English county is Ilfracombe?

QUICK CROSSWORD

1		2		3	4		5	6		7		8
9							10					
					11							
12	13		14				15					16
17						18				19		
					20				21			
22				23				24				
			25				26					
27		28				29				30		31
32					33					34		
					35				36			
37							38					
					39							

- Across

3. Verges (5)

9. Obstacle (6)

10. Roman military unit (6)

11. Work dough (5)

12. Fake (4)

15. Incendiary liquid (6)

17. Alike (7)

19. Regret (3)

20. Prise (5)

22. Holler (5)

24. Ketchup (5)

25. Not drunk (5)

27. Snake (3)

29. Young hare (7)

32. Tension (6)

34. To father (4)

35. Pick-me-up (5)

37. One of two (6)

38. Small ornamental case (6)

39. Ward off (5)
- Down

1. Board game (5)

2. Fatty part of milk (5)

3. Moose (3)

4. Of the teeth (6)

5. Style and vigour (4)

6. Tranquillises (7)

7. Cheroot, e.g. (5)

8. Garden statue (5)

13. Topmost (7)

14. Take away (5)

16. Hunting dog (7)

18. Insurgent (5)

21. Parties, informally (5)

23. Kitchen device (7)

26. Be viciously scornful of (6)

27. Thing of value (5)

28. Chatter (5)

30. Skating arenas (5)

31. Irritable (5)

33. Painful (4)

36. Mountain pass (3)

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Daily Crosswords

For more daily puzzles, visit

[euroweeklynnews.com/entertainment/puzzles/](http://euroweeklynnews.com/entertainment/puzzles/)

Turn to page

44

for last week's puzzle solutions



# YOUR STARS

## for the next 7 days

### Leo ♌

July 24th - August 23rd

You're in the midst of a life changing transition. You're resisting this with all your might but instead of fighting against the current, go with the flow. The moment you embrace this change, the more relaxed you will feel.

### Virgo ♍

August 24th - September 23rd

Responsibilities are becoming less burdensome in comparison to the recent past. As a result, your mind is now free from the clutter of work and household worries. This will allow you to focus on your friendships and family relationships.

### Libra ♎

September 24th - October 23rd

A fresh start is on the horizon; you'll be eager to share your passion for music and art with friends and loved ones. You appreciate beauty and the finer aspects of life. Take this chance to reconnect with your sensual side.

### Scorpio ♏

October 24th - November 22nd

Solutions can be found if you look for them. Results can be achieved if you are willing to put in the work and dedication. Attend meetings and workshops. Listen to discussions going on around you.

### Sagittarius ♐

November 23rd - December 21st

Your financial situation is looking up, with savings increasing. If you've made healthier lifestyle choices, you will start seeing the benefits now. Keep it going. You might also be considering changing your habits to enhance your well-being.

### Capricorn ♑

December 22nd - January 20th

You might find yourself stuck in a situation that is negatively affecting your health, but remember, you hold the power to make a change. Whether it's seeking help for an addiction, adjusting your diet, or increasing your exercise, don't hesitate to improve your habits.

### Aquarius ♒

January 21st - February 19th

If you and a partner work together towards common goals, you will both benefit. Are you single? A new relationship may be on the horizon, but it's important not to rush into it too quickly. Take your time and learn from previous mistakes.

### Pisces ♓

February 20th - March 20th

If you continue making the same mistakes, you will find yourself stuck in a cycle of having to relearn the same lessons repeatedly. Remember, everything happens for a reason. So when you're going through a tough time, reflect on the reasons behind this.

### Aries ♈

March 21st - April 20th

Continue with your current efforts because your hard work will eventually yield positive results. Although the process may seem monotonous and unexciting, keep pushing forward. The knowledge you gain will greatly benefit you in the long run.

### Taurus ♉

April 21st - May 21st

A partner or someone who is just as close has been prioritising their career and other aspects of their life and this has left you feeling unappreciated. It's important to express your emotions and trust that everything will unfold as it should.

### Gemini ♊

May 22nd - June 21st

Your financial situation is starting to improve, bringing a sense of relaxation and optimism about the future. Work-related problems will be sorted out, bringing harmony back into your daily professional life.

### Cancer ♋

June 22nd - July 23rd

Obstacles are preventing you from moving ahead as quickly as you had hoped but don't give up. Don't feel guilty if you seem to have selected a path that has led to difficulties and don't doubt your previous decisions.

## • NEWS FROM OUR OTHER 6 NEWSPAPERS •

### Costa del Sol

#### Holiday rentals limited

FUENGIROLA Council has announced that they are going to start limiting new tourist rentals following a report they commissioned which quantified the growth of tourist homes at 30 per cent since 2020 and confirmed that they now make up a whopping 65 per cent of tourist accommodation in Fuengirola, with nearly 28,000 beds spread over more than 5,500 holiday rental apartments.

Faced with the pressure of tourism demand in Fuengirola, they estimated that tourists accounted for around +9 per cent of its regular population (compared to 3 per cent in Sevilla or 4.5 per cent in Malaga), the council has decided to follow the path of town councils such as Malaga and refuse, from now on, authorisation to those tourist apartments that are not independently owned.

Last week, the *Euro Weekly News* reported on an online incentive in which Fuengirola residents could vote on changes or improvements they wanted their local authority to action.

### Axarquia

#### Velez-Malaga price jump

A RECENT Tinsa report highlights Velez-Malaga as experiencing the second-largest rise in housing prices among Spain's coastal towns. With a 10.7 per cent increase, the town is surpassed only by Orihuela, which leads nationally.

This increase reflects a broader trend of rising property values, with 70 per cent of towns and cities studied showing annual price growth above the national average.

In the second quarter of 2024, Velez-Malaga saw a significant 6.8 per cent increase in housing prices, the highest recorded during this period. Other towns with notable price increases include Motril, Cartagena, and Vigo, all seeing substantial gains.

The current national average for housing prices stands at €1,778 per square metre. Madrid as usual tops the list with the highest prices at €3,833 per square metre. Coastal cities and towns like Marbella and Benidorm, along with city areas around Madrid, Barcelona, and the Basque Country, are also among the most expensive.

### Mallorca

#### Richard Gere in Mallorca

RICHARD GERE and his family have chosen Mallorca as their latest holiday destination and are staying in a luxury hotel in Formentor, enjoying the island's sunshine, sand and sea as well as also relaxing.

The actor, aged 74, is spending a few days in Formentor's luxury new Four Seasons Hotel, along with wife, activist Alejandra Silva, the couple's children, Alexander and James, and Silva's son Albert.

The hotel, which has undergone an extensive and costly renovation, has only been open since last Friday, meaning Gere and his family are some of the first guests to explore and enjoy the new facilities on offer. Previously known as the Hotel Formentor, the establishment has a long history of celebrity guests ever since it first opened back in 1929.

An average stay at the newly refurbished Four Seasons hotel costs more than €1,200 per night.

Gere has starred in many successful films, but is possibly most famous for his role in *Pretty Woman* (1990).

### Costa Blanca South

#### A true holiday hero

DURING his holiday on the Costa Blanca, Private Josué David Lozano Parra of the Army's 11th Extremadura Brigade became a true local hero by rescuing several people from drowning.

The incident took place on a busy beach in Orihuela where two young children were caught in a strong current.

Without hesitation, Private Lozano dove into the water and rescued the children.

Meanwhile, two more people had entered the water in a bid to help but they soon found themselves in trouble too. Once again, Private Lozano stepped in, helping them to safety.

However, Private Lozano then noticed two more people in distress. A man had lost consciousness but was brought to shore with the help of a human chain formed by other beachgoers.

His mother, however, was stranded and exhausted so Private Lozano entered the water once more to bring her back to safety.

### Costa Blanca North

#### The wow factor

THE 36th edition of the Castell de l'Olla was an extraordinary spectacle that captivated all who were fortunate enough to attend. The sheer scale and grandeur of the event left a deep and lasting impression on every single individual present. Unanimously, the resounding sentiment expressed by attendees was that the event was nothing short of 'impressive'.

Drawing an astonishing crowd of over 80,000 people, the event attracted a diverse mix of individuals, including prominent figures from a wide array of societal sectors. In addition to those in attendance, the event was also seen by many more thanks to a broadcast on A Punt in a dedicated three-and-a-half-hour programme.

The organiser of the event, President of the Brotherhood of the Castle, expressed how happy he was when he described this edition of the Castell de l'Olla as 'possibly the best'.

### Costa Calida

#### Murcia on track

HIGH-SPEED rail services in Murcia are set to expand with the introduction of trains between Almería and Madrid. The Spanish Ministry of Transport plans to integrate Almería into the Mediterranean and Levante corridors within the next three years. This new connection will offer faster travel options between Almería and Granada also with trips taking over two hours for just 110 kilometres at the moment.

Once completed, the high-speed line between Murcia and Almería, covering 220 kilometres, will reduce travel time to just over an hour. This will increase the number of trains passing through Murcia's Carmen station, benefiting both Renfe and private operators.

The government sees this project as a key part of the Mediterranean Corridor, enhancing connectivity and cohesion across regions. The investment totals €3.5 billion, with 65 per cent of the work already completed.





## Rio and Fee stay at home with their pet-sitter



Rio and Fee happy at home with Lamia the pet-sitter.

RIO and Fee stay at home whenever their owners go away. They're not on their own. They stay with a pet-sitter from HouseSitMatch.

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If you use [HouseSitMatch.com](http://HouseSitMatch.com) you find free checked pet-sitters who pay their way to stay in your home caring for your pets in your absence. It's an arrangement facilitated by a managed online system. Our house and pet-sitting works as an exchange of services - Free accommodation for free pet care! HouseSitMatch is Safe - All

### Members Are Checked

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If you're travelling in 2024 join now and get organised today:

1. Register as a homeowner on [Housesitmatch.com](http://Housesitmatch.com)
2. Choose a Premium account (£89 pa) to ensure you get help online
3. Create a profile with photos of your pets and home
4. Post an advert for the dates when you want to go away. Sitters apply and you choose.

Trustpilot Testimonials - 4.9 / 5

### Excellent

My neighbours tell us Harry had plenty of walks...

Sherel and John looked after Harry early April. They sent photos and mails to inform us how he was getting on. My neighbours tell us Harry had plenty of walks. Sherel and John are very nice people, and we highly recommend them as excellent sitters.

**Tom C - homeowner in Mojacar**

**How do you join? Register online via [www.Housesitmatch.com](http://www.Housesitmatch.com). Need a pet or house-sitter? House-sitting is a win-win, free house and pet-sitting exchanged for free accommodation! Reader exclusive offer - 20% Off Any New Membership. Register as either house-sitter or homeowner. Get a 20% discount - Use coupon code PERFECT20.**

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## Kitty click tricks

CLICKER training for cats is a positive reinforcement method that uses a small device, the clicker, to mark desirable behaviours. The process begins by associating the sound of the clicker with a reward, usually a tasty treat. Once the cat understands that a

click equals a reward, the clicker is used to signal that the behaviour being performed is correct.

This method works effectively for training cats to perform tricks, use a scratching post, help with problem behaviour or even come when called.

Clicker training leverages a cat's natural curiosity and intelligence, making the training sessions engaging and enjoyable for both the cat and the owner.

Success with clicker training depends on consistency, patience, and

timing. While results can vary, many cat owners find this method highly effective. It not only teaches desired behaviours but also strengthens the bond between the cat and the owner, leading to a more harmonious household.

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Pet of the week Ziggy



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## LAST WEEK'S SOLUTIONS

### WORD SPIRAL

1 Help; 2 Palm; 3 Mass; 4 Silk; 5 King; 6 Grub; 7 Bloc; 8 Clog; 9 Gift; 10 Toga; 11 Anew; 12 Wasp; 13 Peas; 14 Sari; 15 Iced; 16 Dora.

### CARACAS

### QUICK QUIZ

1 Thomas Barnardo; 2 Indonesia; 3 Dirk Bogarde; 4 Chemical elements; 5 Cable News Network; 6 Wrist; 7 Arctic Ocean; 8 Buddy Holly; 9 Sigmund Freud; 10 A straight line.

### CRYPTIC

Across: 1 Pier; 8 All the same; 9 Dark room; 10 Into; 12 Lassie; 14 Stains; 15 Minute; 17 Brewer; 18 Type; 19 Redolent; 21 Positively; 22 So-so. Down: 2 Incapacity; 3 Rank; 4 Alcove; 5 Rhymes; 6 Estimate; 7 Nero; 11 Tenderness; 13 Souvenir; 16 Earwig; 17 Bidder; 18 Taps; 20 Lays.

### QUICK

Across: 5 Blip; 7 Distribute; 8 Deft; 10 Gift; 12 Any; 13 Maiden; 16 Rabbi; 18 Don; 20 Leaf; 21 Zero; 22 Tag; 24 Cower; 25 Peruse; 26 Gag; 27 Holy; 29 Herb; 33 Adaptation; 34 Snug. Down: 1 Pip; 2 Etui; 3 Hilt; 4 Buy; 5 Bed; 6 In fun; 9 Rally; 10 Gyrate; 11 Bid; 13 Mince; 14 Doze; 15 Energy; 17 Afar; 19 Rough; 23 Gum; 25 Preen; 27 Hate; 28 Lute; 30 Bag; 31 Pay; 32 Box.

### ENGLISH/SPANISH

Across: 1 Nearer; 4 Cines; 8 Mouse; 9 Alacrán; 10 Enemigo; 11 Reir; 12 Rib; 14 Song; 15 Lock; 18 Soy; 21 Luna; 23 Encinta; 25 Sandals; 26 Ellas; 27 Shake; 28 Feasts. Down: 1 Number; 2 Azulejo; 3 Evenings; 4 Coal; 5 Norte; 6 Sangre; 7 Vapor; 13 Black eye; 16 Candles; 17 Blusas; 19 Yeast; 20 Gansos; 22 Nunca; 24 Pale.

### NONAGRAM

beck, bend, bled, blue, clue, cube, cued, cuke, deck, duce, duel, duke, dune, lend, lube, lune, neck, nude, nuke, blend, blued, clued, cubed, dunc, nuked, uncle, undue, bucked, buckle, bulked, bundle, bunked, debunk, buckled, clunked, unbuckle, UNBUCKLED.

### ALPHAMUDDLE

I	D	E	A	L
D	I	T	T	O
E	T	H	O	S
A	T	O	N	E
L	O	S	E	S

### GOGEN

Q	J	D	N	S
Y	U	X	G	M
W	L	I	E	H
O	C	R	A	T
F	P	K	B	V

### SUDOKU

EASY

7	1	4	8	9	6	3	5	2
6	2	8	7	3	5	4	1	9
3	5	9	2	4	1	7	6	8
8	7	5	1	2	3	6	9	4
9	6	2	5	7	4	8	3	1
4	3	1	6	8	9	2	7	5
1	4	3	9	6	2	5	8	7
2	9	7	3	5	8	1	4	6
5	8	6	4	1	7	9	2	3


HARD

2	8	6	7	1	9	3	5	4
5	9	1	6	3	4	8	7	2
4	7	3	5	8	2	9	1	6
9	4	2	3	5	1	7	6	8
3	6	8	2	9	7	5	4	1
7	1	5	8	4	6	2	3	9
1	5	9	4	2	3	6	8	7
8	2	7	1	6	5	4	9	3
6	3	4	9	7	8	1	2	5



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# Robotaxis

ROBOTAXIS, autonomous vehicles designed to operate as taxis, are poised to revolutionise urban transportation. These self-driving cars promise to offer safer, more efficient, and cost-effective alternatives to traditional taxi services.

Powered by advanced artificial intelligence and equipped with sensors, cameras, and lidar systems, robotaxis navigate complex urban environments without human intervention. These technologies allow them to detect and respond to traffic signals, pedestrians, and other vehicles, ensuring safe and reliable transportation.

One of the key advantages of robotaxis is safety. By eliminating human error, which is a leading cause of accidents, these vehicles can significantly reduce traffic collisions. Moreover, robotaxis can operate 24/7, providing

consistent and timely service, which is particularly beneficial in densely populated cities.

Robotaxis are often electric, contributing to reduced emissions and promoting cleaner air. Their integration into public transportation networks can decrease the reliance on private car ownership, further mitigating traffic congestion and environmental pollution.

Despite their potential, robotaxis face several challenges. Regulatory hurdles, technological li-

mitations, and public acceptance are significant barriers to widespread adoption. Ensuring cybersecurity and addressing ethical considerations in decision-making algorithms are also critical concerns.

As technology advances and regulatory frameworks evolve, the deployment of robotaxis is expected to increase. Companies like Waymo, Tesla, and Cruise are leading the charge, conducting extensive testing and pilot programmes in various cities.



# SecureStart

AS the allure of driving along the Costa del Sol captures more hearts each year, the importance of safeguarding one's vehicle becomes paramount.

Vehicles like Range Rovers, BMWs, and Mercedes not only represent luxury but have also become prime targets for sophisticated thieves.

These high-value cars can be stolen in less than a minute using advanced techniques.

The Costa, with its abundance of luxury cars, offers a hunting ground for organised crime syndicates.

In response to this alarming trend, SecureStart has positioned itself as a beacon of defence, offering products and services designed to counteract vehicle theft.

As certified installers of Pandora Alarms, SecureStart provides top-tier security systems that are nearly impervious to methods of bypassing

defences.

Additionally, SecureStart is also the exclusive provider of Can-Phantom immobilisers in Spain, bringing an added layer of security that seamlessly integrates with your vehicle's systems.

SecureStart offers tailored installations for convenience and can be performed at your preferred location.

As stated by the company, "Our services are not just limited to cars; we extend our protection to vans, motorbikes, campervans, lorries, and even boats."

"At SecureStart, we pride ourselves on our meticulous attention to detail and exceptional post-installation service," said a spokesperson from SecureStart.

SecureStart promises to ensure your journey along the sunny coast is as safe as it is enjoyable.

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## ROAD TEST

By Mark Slack

GENESIS, one of the more imaginative names for a car company, is the luxury division of Hyundai, which in turn owns Kia.

With more than a touch of the Bentleysque in the styling, all Genesis models have the ability to immediately make you feel that you are in something rather upmarket and special. There is a real feeling of quality in everything you can see and touch with some splendid detail touches.

Along with saloons, all be they with more modern curves and sweeps rather than a traditional three box design, SUVs, both petrol and electric models, Genesis have built a comprehensive offering.

The G80 saloon line-up is priced from, for its class, a not unreasonable €50,588/£43,100 and there are three trim levels - Premium, Luxury and Sport - with a 2.5-litre turbocharged petrol four-cylinder engine across the range. It develops 304PS/300 bhp and is mated to an eight-speed automatic transmission with a classic rear-wheel-drive configuration. Additionally, there is an all-electric version along with an SUV model, the GV80.

On the road it's a quiet and refined performer, with more than sufficient pull when required, and is high in the wafting stakes. All the best luxury cars

## Genesis G80 - pleasingly different in a world of similarity



Impressive in style and stance.

make you feel like you're wafting along in serene surroundings away from the hustle, bustle and aggravation of the daily grind. The Genesis G80 has this ability in excess. It's no ultimate driving machine of a BMW, or Vorsprung durch technik of an Audi, more Bentleysque. Which given some of the Genesis styling cues is quite appropriate.

Standard equipment levels are good with a basic spread that encompasses

such items as LED lighting, intelligent cruise control, power adjustable steering wheel, navigation with premium sound system and connection for Apple Car Play and Android Auto, auto dimming mirrors and a host of other items including comprehensive safety technology. As you might expect with such a large vehicle there is plenty of leg and headroom in both front and rear with extremely comfortable, multi-adjustable seats.

Depending on what you're driving it's not unusual for people to engage you in conversation, but it's rare when you're continually about the car you're driving.

That kind of attention is usually reserved for more exotic machinery.

Even though Genesis has become much better known they still attract complimentary attention.

All Genesis models draw the eye because they do look impressive in both style and stance, and in a motoring world of similarity they're pleasingly different to the norm.

### Facts at a Glance

Model: Genesis G80 Premium

Engine: 2.5-litre turbo charged 4-cylinder petrol developing 304PS/300bhp

Gears: 8-speed automatic

Price: €50,588/£43,100

Performance: 0 to 100kph/60 mph 6 seconds. Max speed 250kph/155mph

Economy: 8.5 l per 100km/33 mpg combined.

Emissions: 189 g/km Co2

Model tested was UK-specification and equipment levels and prices may vary in other markets

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# No regrets

DAME LAURA DAVIES has played in every AIG Women's Open since making her debut in 1980. However, she's decided not to use the final year of her exemption as a former champion to make one last appearance.

Davies boasts an illustrious career that spans from her debut as a 16-year-old 44 years ago, appearing in every edition since. This year's edition though is one step too far, as Davies has chosen not to make a record-breaking 44th consecutive Women's Open start.

Davies explained to Sky Sports that she's, "just not playing enough golf now to warrant a spot in the field." Instead, she will be part of the televised coverage of the event.

The 60-year-old admitted she feels, "sadder and sadder with the fact that I'm not going to be



Laura Davies receives her PGA Recognition Award.

playing there," explaining that it's a week she's always looked forward to. However, a lack of sharpness due to conflicting schedules and a wrist injury put paid to any thoughts of signing off her sparkling career at the Open.

Davies doesn't want to be there simply to make

up the numbers; a sign of a true champion. "I like to be the centre of attention for playing great golf, not just for the sake of being there," she explained.

As it is, Davies has no regrets. As her career in front of the camera draws to a close, fans can still enjoy her experience behind it.

# Matt Richardson joins Team GB

BRITISH-BORN track cyclist Matt Richardson, who secured three medals for Australia at the Paris Olympics, has decided to switch his sporting allegiance and will now represent Team GB. The 25-year-old, originally from Kent, relocated to Western Australia at the age of nine, where he lived for 16 years while holding dual citizenship.

Matt Richardson will join the Great British Cycling Team's sprint squad, under the guidance of Bolton-born Sir Jason Kenny - a seven-time Olympic gold medallist.

After announcing the news on his Instagram, Matt Richardson shared that the choice had not

"But this decision is about following my passion and pushing myself to new heights."

Jesse Korf, AusCycling's executive general manager of performance, expressed surprise and disappointment at Richardson's decision to leave a programme that had brought both personal and national success.

However, Jesse Korf added: "We also understand that the desire to compete for a country one was born in can bring forth strong emotions."

During the Paris 2024 Olympics, Matt Richardson won silver medals in the individual sprint and keirin, as well as a bronze in the team sprint.



Matt Richardson.

  
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